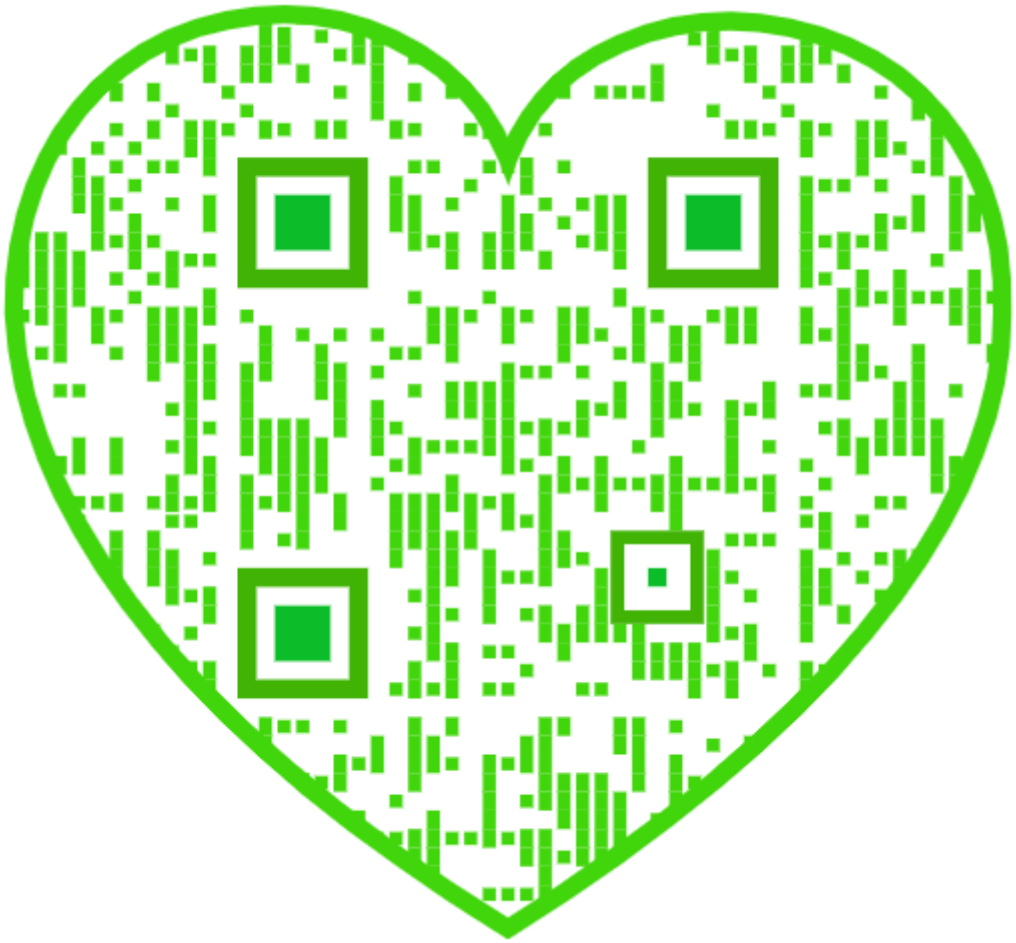
THE COOK'S ECONOMICAL BOOK



Class TX715

Book .D265

Copyright No.

COPYRIGHT DEPOSIT.

THE COOK'S ECONOMICAL BOOK

COMPILED AND EDITED
BY
MRS. MARY C. DAVIS

WILL BE FOUND A RELIABLE GUIDE
TO THE YOUNG HOUSEKEEPER AND
A REFERENCE BOOK HELPFUL TO ALL

W. A. BUTTERFIELD
59 BROMFIELD STREET : : : : BOSTON

TX715
D265

Copyright, 1918
by
Mrs. Mary C. Davis

DEC 30 1918

©CLA511109

no 1

CONTENTS

	PAGE
Weights and Measures	6
Soups	7
Fish	10
Meats	16
Vegetables	27
Salads	32
Bread and Rolls	37
Croquettes, Fritters and Patties	44
Breakfast and Luncheon Dishes	47
Puddings	53
Pudding Sauces	59
Pastry	61
Frozen Desserts	64
Beverages	67
Cakes	71
Cookies, Doughnuts and Gingerbread	76
Icings and Fillings	79
Chafing Dishes	81
Canning	83
Jelly Making	88
Pickles	91
Diet for the Sick	94
Sandwiches	97
Confectionery	99
Food and Food Materials	101
General Suggestions	105

Weights and Measures

1 quart sifted flour weighs 1 lb.
1 quart Indian meal weighs 1 lb. 2 oz.
1 quart powdered sugar weighs 1 lb. 1 oz.
1 quart best brown sugar weighs 1 lb. 2 oz.
1 quart soft butter weighs 1 lb. 1 oz.
1 pint granulated sugar weighs 1 lb.
1 pint closely packed butter weighs 1 lb.
Butter size of an egg, equals ¼ cup, weighs 2 oz.
10 eggs average 1 lb.
2 tablespoonfuls liquid weigh 1 oz.
4 saltspoonfuls of liquid equals 1 teaspoonful.
4 teaspoonfuls of liquid equal 1 tablespoonful.
3 teaspoonfuls of dry material equal 1 tablespoonful.
4 tablespoonfuls of liquid equal 1 wineglass, 1 gill or ¼ cupful.
16 tablespoonfuls of liquid equal 1 cupful.
8 heaping tablespoonfuls of dry material equal 1 cupful.
2 gills equal 1 cupful or ½ pint.
4 cupfuls of liquid equal 1 quart.
1 pint of milk or water equals 1 pound.
1 pint chopped meat solidly packed equals 1 pound.
1 teaspoonful soda to 1 pint of sour milk.
1 teaspoonful soda to 1 cupful of molasses.
A pinch of salt or spice is about a saltspoonful.

SOUPS

Soup, by some people mistakenly thought to be an expensive luxury, is generally a means of economy since the most tempting and nutritious soups can be made of the most inexpensive materials.

Soup stock is the basis of all meat soups. It consists of the soluble portions of meat, vegetables, and sometimes other ingredients, dissolved in water. For stock-making a deep kettle with a tight cover has been found to be the best.

Soup Stock

Wash four pounds of lean beef and put it into four quarts of cold unsalted water. Let it come to a boil slowly and skim well. Add a little salt and a dash of cold water to assist the skum to rise. Skim again, and set it back and let it boil gently for six or eight hours, or until the meat is in shreds. Add a little pepper and strain through two thicknesses of cheese-cloth into a stone jar. Cool and remove all grease. This stock will keep for many days if kept in a cool place.

Mixed Vegetable Soup

To one quart of stock add two heaping tablespoonfuls each of chopped onion (fried), chopped celery, and turnip either chopped or cut with a vegetable cutter, one tablespoonful of carrot prepared like the turnip, and one cupful of cooked strained tomato.

Summer Vegetable Soup

Prepare as for mixed vegetable soup. Omit the onion and tomato and add small green peas and flowerets of cauliflower, asparagus tips, or all three.

Tomato Soup

Add one pint of stock to one half can of tomatoes, stewed and strained, and one half teaspoonful of sugar.

Tomato soups must be made with great care to prevent the acid in the tomatoes from curdling the milk. Adding a little soda helps to neutralize the acid. Draw the saucepan away from the heat before adding the soda; otherwise the tomato may foam over. Pour the tomato slowly into the milk; if the milk is poured into the tomato, it will curdle. Take care not to combine milk and tomato till just before serving as milk heated with acid is almost sure to curdle.

Tomato Soup

To 2 quarts of stock add 1 quart tomatoes, 4 medium-sized onions, 1 dozen cloves, ¼ teaspoon mace, a few stalks of celery, a little cayenne pepper, and 1 teaspoon salt. Boil 2 hours. Put through a sieve to remove seeds, and add 2 tablespoons of rice. Boil one half hour or until rice is tender.

Tomato Bisque

One quart tomatoes stewed and strained. Let the juice come to a boil and add 1 heaping teaspoon soda; stir until it foams, then add 3 pints of milk. When it comes to a boil remove from fire, add pepper and salt to taste, and butter the size of an egg. Thicken with very fine cracker crumbs.

Cream of Tomato Soup

½ can tomatoes
2 tbsp. butter
2 tbsp flour
1 quart milk
1 tsp. salt
¼ tsp. pepper
few grains soda

Scald the milk and thicken with the flour and butter. Cook the tomatoes 10 minutes or until soft, add the soda and strain. Stir the tomato slowly into the thickened milk, taking care that it does not cook after being mixed, and serve at once.

Tomato Soup

Cook 5 good sized tomatoes and strain. Then add ½ teaspoon soda, 1 pint milk, butter, salt, and pepper.

Cream of Asparagus

1 bunch asparagus
1 quart water
1 pint milk
2 tbsp. butter
2 tbsp. flour
Salt and pepper

Break off the heads and cook them with the stalks in the water. Take out the heads as soon as they are tender and either serve them on toast or put them in the tureen before turning in the soup.

Cream of Celery Soup

3 roots or 3 stalks celery with leaves
1 pint hot water
1 quart milk
2 tbsp. butter
2 tbsp. flour
Salt and pepper

Wash the celery, cut in short pieces, and simmer until tender.

Corn Chowder

Cut 2 medium slices salt pork into very small bits. Fry until very well browned. Add 2 onions sliced thin and cook until tender. To this add 1 quart milk and the corn cut from 5 or 6 medium ears. Let boil until corn is thoroughly cooked. Thicken slightly if desired and serve with crackers or toast.

Cream of Turnip or Carrot Soup

1 to 2 cups mashed carrots or turnip
1 pt. water
1 pt. milk
2 tbsp. butter
2 tbsp. flour
Salt
Pepper

If a left-over mashed vegetable is used, heat the milk and water together and pour them on it. Strain and bind as usual.

Split Pea Soup

1 cup split peas
3 pts. cold water
Milk to thin properly
2 tbsp. butter
2 tbsp flour
1 tsp. salt
¼ tsp. pepper
1 ham bone
Slice of onion

Soak peas over night. Drain them and simmer two hours or more, adding more water as the first boils away. When very soft, rub peas and water through a strainer.

Potato Soup

3 large potatoes
1 qt. milk
2 tbsp. butter
2 tbsp. flour
Bit of bay leaf
1 tsp. salt
¼ tsp. pepper
1 slice onion
Celery root or
1 stalk celery

Boil potatoes and mash them through a strainer into a saucepan. Cook the onion in the milk. When the milk scalds, remove the onion and stir the milk into the potato. Bind with the flour and butter. Season, strain into a tureen and sprinkle with parsley.

Bean Soup

1 pt. beans
1 cup milk
1 tbsp. flour
1 tbsp. butter
1 tsp. salt
Pepper to taste

Parboil the beans. Drain off water and add fresh and boil till perfectly tender. Strain through a colander and add the salt, pepper, butter and milk and let come to a boil.

Buttercup Soup

1 qt. milk
3 tbsp. flour
1 slice onion
1 tsp. salt
1 cup squash
¼ tsp. celery salt
2 tbsp. butter
Few grains pepper

Scald the milk with the onion. Remove the onion and add a cup of cooked squash that has been rubbed through a sieve. Add the butter and flour and cook all together.

FISH

In food value and digestibility, fish is much like lean meat. As it is less stimulating, it is especially suited to the needs of brain workers who take little exercise. It is more desirable as means of varying the diet than as a staple food. Fish is hurt more by keeping than meat and if kept too long it is watery when cooked.

Information about Fish

Cod: Color light green with white stripe down side; spotted with darker color. 2 to 6 ft. long; weighs from 2 to 100 lbs. Sold whole or by the pound. May be boiled baked or fried.

Haddock: Color silvery; one black spot on either side of head. 2 to 3 ft. long; weighs about 5 lbs. Sold like cod. May be boiled, baked or fried.

Mackerel: Silvery belly with blue back; body slender. 12 in. long; weighs 1 lb. Sold whole and is cooked by broiling.

Bluefish: Back blue; belly light. Broader than mackerel. 2 ft. long; weighs 4 lbs. Sold whole. Baked, boiled, fried, broiled.

Halibut: Flat fish with white belly and brown back. Both eyes on same side of head. 3 to 6 ft. long; weighs about 125 lbs. Sold by the pound. May be boiled or fried.

Weak fish: White belly; yellow breast fins. About 2 ft. long; weighs 4 lbs. Sold by the pound. May be boiled or baked.

Smelts: Back silvery. 6 in. long; weighs 1 to 2 ounces. Sold by the pound. Fried.

Fresh Water Fish

Whitefish: White except narrow stripe on back. 2 ft. long; weighs 3 lbs. May be boiled or baked.

Perch: Silvery with dark lines along back; yellow fins. 9 inches long; weighs ¾ lb. Sold whole. Broiled or fried.

Black Bass: Body broad; back green. 18 inches long; weighs 1 to 2 lbs. May be broiled, baked or fried.

Fish Found in Both Fresh and Salt Water

Salmon: Silvery, dark line along back, spots near head; flesh, pink. 2 to 3 ft. long; weighs 9 to 10 lbs. Sold by the pound. May be boiled or smoked.

Shad: Back dark: scales large and silvery. 2 ft. long; weighs 5 lbs. Sold whole. May be broiled or baked.

How to Clean a Fish

Wash the fish inside and out with a cloth wet in cold water, and dry with a clean towel kept for this purpose. If the fish is to be broiled or fried, cut off head and tail and split it down the back; if to be boiled, cut off the head only; if to be baked, leave whole.

Stuffing for Baked Fish

1 cup bread crumbs	Few grains pepper
1 tbsp. melted butter	Few drops onion juice
½ tsp. salt	1 tbsp. parsley cut fine

Mix the ingredients in the order given. This recipe makes stuffing for a four-pound fish.

Directions for Baking a Fish Whole

Fill the cavity with stuffing, allowing it room to swell slightly. Sew the slit over and over with strong thread, taking stitches deep enough not to tear out. If the fish is a dry one, cut gashes crosswise and put in them strips of fat salt pork about one inch long. Skewer and tie the fish in the shape of the letter S, and set upright surrounded by bits of salt pork, on a greased fish sheet on a baking pan. Bake until brown (45 to 60 min.), basting often. Serve with drawn butter or Hollandaise sauce.

If you have no fish sheet, lay two strips of cloth across the pan and lift the fish out, when done, by these.

Directions for Broiling a Fish

Use a close-barred double wire broiler. Grease it when hot with salt pork rind. See that the fish is wiped dry, sprinkle it with salt and pepper, and if not oily, rub it with melted butter.

Broil split fish, flesh side to the heat, turning occasionally. Turn slices of fish often. When cooked, carefully loosen both sides of the fish from the broiler, and slip off on to a hot platter. Spread with butter, salt and pepper, or with tartar sauce, and garnish with parsley and slices of lemon.

Directions for Boiling a Fish

To the water in which the fish is to be boiled add the juice of half a lemon, or one-fourth cup of vinegar. Place the fish on a fish rack or a plate or coil it in a wire basket. If on a plate, tie fish and plate in a piece of clean cheese-cloth. When the water boils, lower the fish into it and let it simmer until the flesh separates from the bones. When nearly done, add a tablespoonful of salt. Garnish with parsley and slices of lemon and serve on a platter with drawn butter or tartar sauce.

Drawn Butter

⅓ cup butter	1½ cups water
3 tbsp. flour	Salt and pepper

Mix flour, salt and pepper with one-half the butter, pour on water and stir over the fire until the sauce boils. Add rest of butter in bits, stirring until it is absorbed. For egg sauce, add 2 hard-boiled eggs chopped to drawn butter.

Tartar Sauce

1 tsp. lemon juice
¼ tsp. salt
1 tbsp. Worcestershire sauce
1 tbsp. vinegar

Heat the vinegar, lemon juice, salt and Worcestershire. Brown the butter in a frying pan and strain into the mixture.

Creamed Fish

Remove skin and bone; pick fish into flakes with a fork and heat it in drawn butter or white sauce.

Creamed Fish

Boil 3 lbs. haddock for ¾ hr. in salted water; pick into large flakes.

Sauce. One quart milk, ½ cup cream, thicken with ¼ cup of flour. Salt and pepper to taste. Cook thoroughly, and when done add the yolks of 2 eggs and ¼ lb. butter.

Fill a baking dish with alternate layers of fish and sauce. Cover with buttered crumbs and bake until brown.

Creamed Shrimps

One pint cream (can use part milk), 1 can shrimps, ½ cup boiled rice, ½ cup strained tomatoes, salt and pepper and piece of butter.

Salmon Loaf

1 can salmon
⅔ cup bread crumbs
4 eggs
4 tbsp. melted butter
1 tbsp. parsley cut fine
Salt and cayenne pepper

Mix salmon and butter well. Beat eggs separately. Add bread crumbs to beaten yolks. Mix salmon with other ingredients. After all is well mixed, add 1 large tablespoon lemon juice and 1 of onion extract and the whites of the eggs. Steam in a mold or a deep pan an hour or more. Serve with a thin white sauce to which has been added a can of peas.

Salmon and Lemon Jelly

Make a plain unsweetened lemon jelly and stir in a good amount of salmon. Let harden and serve on lettuce leaves with a good salad dressing.

Salmon Croquettes

Mash and drain 1 can of salmon. And 1 tsp. salt, 1 tbsp. chopped parsley, 1 tbsp. onion juice, a grating of nutmeg and a dash of pepper. Make a white sauce of 1 cup of milk, 1 tbsp. butter, 2 tbsp. flour. Add 2 beaten egg yolks and cook a minute longer. Mix meat and white sauce. Turn out to cool. Form into cylinders, dip in beaten egg, roll in crumbs and fry in deep smoking hot fat.

Creamed Lobsters

1 pt. lobsters	1 tbsp. flour
½ pt. milk	Juice of half a lemon
½ pt. cream	1 tsp. salt
1 tbsp. butter	Pinch of cayenne

Make a sauce by cooking, over boiling water, the butter and flour, the milk and half the cream. Put the lobsters into the sauce, add salt and pepper, and stir until smoking hot; then add rest of cream and cook long enough to heat; add lemon juice and sauce.

Fish and Macaroni Scallop

Take equal parts of cold boiled macaroni and fish and put in baking dish in layers. Fry 1 tsp. minced onion in 1 tbsp. butter, adding 1 tbsp. flour and 1 cup stewed tomatoes. Salt and pepper to taste and pour over the fish. Cover with butter crumbs and bake until brown.

Scalloped Fish

Flake left-over boiled fish and mix with white sauce and minced parsley. Cover with buttered crumbs and bake until brown.

Scalloped Fish

For a 2-quart dish boil 3 pounds haddock in salted water and flake with a fork.

Boil 1 onion in 1½ pints milk 20 minutes, take out onion and thicken milk with 2 tbsp. flour. When thick add 1 large tablespoon butter, salt and pepper to taste. Mix with fish and pour into a buttered dish. Cover with buttered crumbs and bake until brown.

Fried Frogs' Legs

Dip in milk to which has been added a little salt and pepper and onion juice. Roll in flour and fry brown in very hot lard. Garnish with parsley.

Scalloped Salmon

1 can salmon	1 cup buttered crumbs
1 cup milk	Salt and pepper

Take can salmon. Pick to pieces with a fork and remove all skin and bones. In a buttered baking dish place a layer of salmon, then a layer of crumbs, the remaining salmon and the rest of the crumbs, and pour the milk over this. Bake until brown in a quick oven.

Clam Chowder

1 can clams	1 onion
6 large potatoes	3 slices salt pork

Cut the pork up fine and fry to a dark brown. Add the sliced onion and fry a light brown. Add the potatoes, sliced thin, and cover with water and cook until the potatoes are soft. Lastly add the clams and enough milk to make two quarts, season with salt and pepper. Let come to a boil and serve.

OYSTERS

To clean oysters, drain off the liquor, straining it through a wire strainer if it is to be used. Rinse the oysters in a colander, using only half a cup of water to a quart of oysters to avoid washing away the flavor. Examine the gills to see that there are no bits of shell left clinging to them. Raw oysters are served with lemon juice or vinegar and red or black pepper as a first course at dinner or luncheon or for invalids.

Oyster Stew

1 pint oysters
1 cup hot milk
2 tbsp. butter
Salt and pepper

Drain and rinse the oysters, strain the liquor and heat the oysters in it till their edges curl, remove the scum and turn the oysters and the liquid into the hot milk. Add butter and seasoning and serve with oyster crackers.

Scalloped Oysters

1 qt. oysters
½ cup melted butter
2 cups crumbs
Salt and pepper
5 or 6 tbsp. oyster liquor or oyster liquor and milk

Mix crumbs with salt, pepper and butter. Put half the oysters in the bottom of a baking dish and cover with crumbs, then the remaining oysters and the rest of the crumbs. Pour the liquid over this and bake 20 minutes or until brown.

Fried Oysters

Select large oysters. Drain, roll in fine cracker crumbs, dip in beaten egg and again in crumbs and fry in hot butter and lard.

Creamed Oysters

Scald the oysters in their own liquor. Skim out oysters and pour in some cream and scald. Thicken with a little flour and add salt and pepper to taste.

Oyster Cocktail

1 pint small oysters
2 tsp. horse radish
2 tsp. catsup
2 tsp. vinegar
4 tsp. lemon juice
4 drops tabasco sauce
½ tsp. salt
Serve in glasses or on the half shell

Oyster Rolls

Pour a quart of water over a pint of oysters. Drain and dry with a clean cloth. Chop the oysters very fine and add 1 cup of soft bread crumbs, 1 saltspoon salt, a dusting of white pepper and of celery salt and a pinch of nutmeg. Mix to a stiff paste with the yolks of 2 eggs. Shape into small rolls and fry in hot butter. Serve with lemon in quarters.

Oyster Pie

Make a good rich paste, and with it line a deep pudding dish. Roll another sheet of paste nearly one-half inch thick and cut it a little larger round than the top of the dish. Butter the edges of the dish and fill the crusts with dry bread. Lay the cover on lightly. Bake.

Filling:

2 tbsp. butter	1 cup oyster liquor
2 tbsp. flour	½ cup cream
2 eggs beaten light	4 oysters to each person
1 tsp. salt	¼ tsp. white pepper

Cook the butter and the flour together till they bubble, then add the oyster liquor and the cream. Stir until smooth and then drop in the oysters. Cook till they begin to ruffle, then slowly add the eggs, the salt, and the pepper. Time the cooking of the crusts and filling so they will be done at the same time. Remove the bread crusts, fill the pie, replace the top, and serve at once.

Creamed Fish

¼ cup cold cooked flaked fish	¼ cup milk
1 tsp. butter	Few drops onion juice
1 tsp. flour	Salt

Make sauce of butter, flour and milk, add onion juice, salt and fish, then reheat. Serve in croustades of bread.

Fish Chowder

1 lb. haddock or cod	1 onion
6 large potatoes	3 slices salt pork

Cut the pork and onions fine and fry to a dark brown. Add the potatoes, sliced thin, cover with water and cook until potatoes are soft. Add shredded fish and liquid in which it has been cooked and enough heated milk to made two quarts, season with salt and pepper. Let come to a boil and serve.

For lobster chowder, use lobster in place of fish.

MEATS

When you roast beef, first rub it with salt and pepper, place it in a dripping pan and cook in a hot oven; baste occasionally, leaving the door open a few moments.

In boiling meat, if it is fresh put it in hot water. Salt meats should be put in cold water. In both cases they should be kept boiling slowly and skimmed well.

When buying beef to roast, by having the butcher take out the bones and putting the meat in shape with skewers, a good soup may be made of the bones.

Should you have a roast that has become a little old, put 2 or 3 tablespoons of vinegar in the dripping pan and sprinkle a little sugar on the bottom of the oven. The fumes will work wonders.

In cooking steaks it is better to turn them several times on a platter containing a little olive oil than it is to hammer them. The object is not to force the juice out, but to soften the fiber.

Meat that is frozen should always be thawed by placing in cold water.

Keep a basin of water in the oven; the steam from the hot water not only prevents scorching but makes the meat look better.

In boiling meat or fowl that is tough, put a tablespoon of vinegar in the water you boil it in. It will make it very tender.

Lamb and mutton chops are broiled like beefsteak; mutton chops may be slightly red in the middle. Lamb chops should be less rare.

For a brown stew, the meat and sometimes the vegetables are browned in hot fat before being simmered. A brown stew without vegetables is a fricassee.

The lean of good beef is firm and elastic, and, when first cut, purplish red, the surface becoming bright red and moist after exposure to the air. The best cuts for broiling are the steaks from the loin of beef (short, porterhouse, sirloin).

In a chicken or young fowl the scales on the legs are yellow and soft and the breast bone yielding.

In a young duck or goose the windpipe is brittle enough to snap readily between the thumb and finger, and the feet are soft and yellow. Neither ducks nor geese are good if more than one year old.

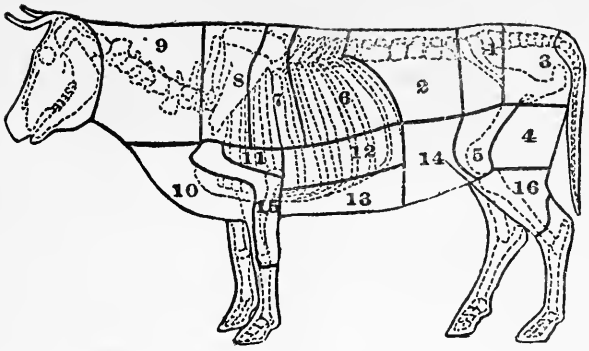


DIAGRAM SHOWING CUTS OF BEEF

1 & 2. Loin	5. Top sirloin	9. Neck	13. Navel
1. Sirloin	6. Prime ribs	10. Brisket	14. Flank
3. Rump	7. Blade	11. Cross-rib	15. Shoulder
4. Round	8. Chuck	12. Plate	16. Leg (shin)

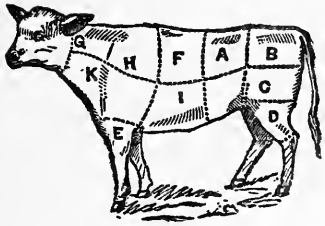


DIAGRAM SHOWING CUTS OF VEAL

A. Loin, best end for roasting
B. Loin, chump end, for roasting
C. Fillet, for baking or roasting
D. Knuckle, for stewing
E. Fore-knuckle, for stewing
F. Neck, best end for roasting
G. Neck, scrag end, for stewing
H. Blade bone
I. Breast, for stewing
K. Brisket, for stewing

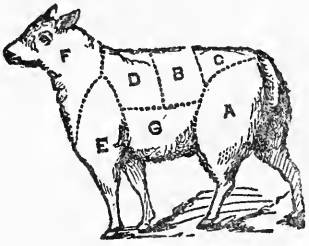


DIAGRAM SHOWING CUTS OF MUTTON

A. Leg, for boiling piece
B. Loin, for roast
C. Rump piece, for roast
D. Chops, frying or broiling
E. Fore-shoulder, for boiling
F. Neck, for stewing or roasting
G. Brisket, for stewing

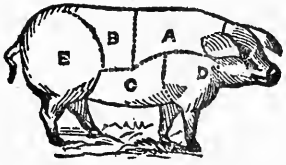


DIAGRAM SHOWING CUTS OF PORK

A. Back, lean part for roast
B. Loin, for roast
C. Bacon, to be cured
D. Shoulder, to be cured
E. Ham, to be cured

Time Table for Cooking Meat

Beef, filet, rare, 20 to 30 min. to the pound.
Beef, sirloin, rare, 12 to 15 min. to the pound.
Beef, sirloin, well done, 20 to 25 min. to the pound.
Beef, corned, 30 min. per pound.
Chicken, 1 hr. to 1½ hrs. per 3 or 4 pounds.
Duck, 40 to 60 min.
Duck, wild, 15 to 20 min.
Goose, steam 1 hr.; roast 2 hrs.
Turkey, 3 hrs. per 10 pounds.
Lamb, 15 min. per pound.
Mutton, leg, boiled, 3½ to 4 hrs.
Pork, well done, 30 min. per pound.
Veal, well done, 20 min. per pound.

Broiled Steak

Have the coals glowing hot, without flame or smoke. Grease a double broiler with steak fat. Put steak in and hold it near the coals for a few seconds. Turn the broiler, and hold the other side down for the same length of time. When well seared, hold it farther away from the fire, turning occasionally until the meat is browned. Just before taking it from the fire sprinkle with salt and pepper turning each side to the heat once more to cook in the seasoning. Lift to a warm platter, spread sides with butter, garnish if preferred and serve at once. For quick and efficient service use gas for broiling.

Roast Beef

Wipe beef with a clean cloth, skewer and place in a dripping pan with the skin side down, dredge meat and pan with flour. In the pan put 1 tbsp. salt and ¼ tsp. pepper. If the meat is very lean, put in a few bits of fat. When the beef is seared and the flour brown, reduce the heat, and baste the meat about once in ten minutes till done. After the meat has been in the oven half an hour turn over to brown the skin side.

After removing the roast to a plate, pour or skim off most of the fat from the liquid. Set the pan on the stove, and dredge with flour (about 3 tbsp.). Add 1½ cups boiling water, and boil 5 minutes stirring constantly. Add salt and pepper to taste and strain into a gravy boat.

Pot Roast of Beef

4 slices of salt pork cut in small pieces and fried till brown. 2 small onions, fried till brown. Fry the pork in a kettle. Then the onions. Sear beef on both sides in the fat until brown. Pour on boiling water until the meat is well covered. Add more as this boils away. At dinner time let the water boil down till the meat fries once more. Take out the meat before it burns, then pour in water and thicken to make a rich brown gravy.

Dry Panned Steak

Place pan on stove and heat it very hot. Rub with suet and put in the steak; when seared, turn and sear the other side. Cook at a high heat for 5 minutes, turning every minute.

Hamburg Steak Loaf

Put thin slices of bacon in the bottom of a bread tin and over this a layer an inch thick of hamburg steak which has been seasoned with salt, pepper and onion. Put an equal amount of dressing over this that has been prepared like the dressing for stuffed chicken, then another layer of steak, then more bacon and lastly pour a little milk over all. Bake rare or well done according to taste. It will draw away from the sides of the pan and come out in the shape of a loaf.

Beef Loaf

2 lbs. lean beef
¼ lb. salt port
1 cup cracker crumbs
½ cup milk
1 egg
Salt and pepper to taste

Put in a bread pan and bake 1 hour.

Beef Loaf

3 lbs. chopped raw beef
1 cup cracker crumbs
3 well beaten eggs
1 tbsp. salt
4 tbsp. milk
1 tsp. sage
½ tsp. pepper
Few bits of butter on crumbs

Bake in a tin for 1½ or 2 hours.

Beef Roll

1 lb. beef steak chopped fine
1 egg
½ cup bread crumbs
Salt, pepper and sage

Form into a roll and bake 45 minutes.

Hamburg Steak

2 lbs. hamburg steak
½ cup crumbs
¼ cup milk
1 tsp. salt
¼ tsp. pepper
1 egg

Bake 1 hour. This makes 1 loaf.

Cottage Pie

Chop cold meat of any kind. To every cup add ¼ cup gravy and salt and pepper to taste. Cover the meat with a mashed potato crust and bake to a light brown.

Veal Stew

Boil 2½ pounds of the breast of veal 1 hour in water enough to cover. Add a dozen potatoes and cook half an hour or until the potatoes are done. Before taking from the stove add 1 pint of milk and flour enough to thicken and season to taste.

Veal Pie

Make a crust as for chicken pie, bake in two pie pans. Place one of the crusts on a platter, pour the stew over this and place the other on top.

Veal Loaf

1 lb. veal
¼ lb. salt pork
¼ tsp. parsley
Dash red pepper
Pinch of black pepper
Salt to taste
1 small onion
1 tbsp. crumbs

Cover top with bacon and bake 1 hour.

Breaded Veal Cutlets

Fry the cutlets until nearly done. Take out and dip into beaten egg and then in crumbs with a little salt stirred in. Fry again turning often so as to get an even brown on both sides. Season if not salted enough.

Cutlets may be served with tomatoes if desired.

Veal Scallops

Cut lean veal into pieces the size of oysters. Salt and pepper and add a little mace. Dip in egg then in cracker crumbs and fry the same as oysters.

Veal with Oysters

Fry 2 lbs. veal cut in thin bits and dredged with flour in sufficient hot lard to prevent sticking. When nearly done add 1½ pints oysters, thicken with flour; salt and pepper to taste and cook until done.

Roast Pork

Small loin of pork
3 tbsp. bread crumbs
1 onion chopped
½ tsp. salt
¼ tsp. pepper
1 oz. chopped suet

Separate each joint of the loin with a chopper and make a deep incision into the thick part of the pork for the stuffing. Prepare the stuffing by mixing the crumbs with the onion, add the sage, pepper, salt, and suet, and when all is well mixed press the mixture into the pork. Sew edges together and bake in a dry baking pan in a brisk oven, basting occasionally. Bake 20 minutes for each pound and then 20 minutes more.

Roast Sparerib

Trim off the rough ends. Crack the ribs across the middle. Rub with salt and sprinkle with pepper; fold over and stuff with turkey dressing. Sew up tightly and place in a dripping pan with a pint of water. Baste frequently, turning over once so both sides will be brown.

Boiled Leg of Mutton

Cover mutton leg with boiling water and let come to a boil. Boil 5 minutes. Skim and simmer until meat is tender. This may be served with a caper sauce made by adding 1½ cups drained capers to 1½ cups drawn butter made with mutton liquor.

Roast Lamb

Let lamb heat through slowly in a moderate oven. Dredge with flour, then quicken fire. Put a pint of water into the dripping pan with a teaspoon of salt. Baste the meat occasionally. Roast 15 or 20 minutes to each pound. Make a gravy as for any roast, add a mint or bay leaf if desired.

Lamb Stew with Peas

Cut neck or breast veal in pieces and place in a stew pan with some salt pork sliced thin and enough water to cover it. Let stew till tender. Skim and add a quart of green shelled peas, more hot water, if necessary, and cover till the peas are tender. Add a bit of butter rolled in flour and pepper to taste. Let simmer a few moments and serve.

Lamb Scallop

Chop cold lamb and add any gravy that may have been left over, seasoning to taste. In a dish put a layer of meat, a layer of crumbs and a layer of cooked tomatoes until all is used. Cover with buttered crumbs, and bake until brown.

Boiled Ham

For a 10 pound ham wash and boil gently for 3 hours. Remove the skin and put the ham in a large pan in a moderate oven until brown. It improves it if whole cloves are placed in it before baking.

Ham and Eggs

Fry ½ lb. fresh ham cut in small cubes and 1 small onion sliced fine. Add 6 slightly beaten eggs and scramble the eggs and ham together. Cubes of boiled ham may be used instead of the fresh ham.

Chicken Pie

Cook fowl in salted water till tender. Take out largest bones, place meat in baking dish in layers with butter, salt and pepper until the pan is ⅔ full. Pour in chicken broth and cover with the following crust.

Chicken Pie Crust

Sift 4 tsp. cream tartar and 2 tsp. soda with 1 large quart flour. Rub in butter the size of a large egg and mix with sweet milk to make a stiff batter. Wet the edge of a baking dish, cover chicken with batter and cut slit in center for the steam to escape. Bake 30 minutes.

Jellied Chicken

To 3 pints of cold chicken stock add beaten whites of 2 eggs and 1 box gelatine which has been soaked in a cup of water 1 hour. Heat all together and skim; add chicken, cooked and cut up fine, season with onion, celery salt, salt and pepper, and when the gelatine begins to harden, pour all into a mold.

Fried Chicken

Cut up a young chicken; season with salt and pepper and dip each piece in a beaten egg, then in cracker crumbs. Mix butter and lard enough to fry the chicken in and heat boiling hot. Fry the chicken slowly till both sides are well browned. Place the chicken in a covered dish and thicken the gravy with a large tablespoon flour and add a cup of sweet cream, salt, and pepper. Pour over the chicken and serve very hot. If the chicken is old simmer in a little water until tender before frying.

Broiled Chickens

Split spring chickens down through the breast. Wash and wipe thoroughly and rub both sides with salt; dredge with flour, and put in a baking pan with a little water. When nearly cooked, remove to a buttered broiler and brown over hot coals.

Poultry and Game

In market terms, chicken not more than five months old is "spring chicken"; chicken over a year is fowl. Full grown poultry is finer in flavor than young chickens. In a chicken or young fowl the scales on the legs are yellow and soft and the breastbone yielding. Pin feathers are usually an indication that the chicken is young.

In a young duck or goose the windpipe is brittle enough to snap readily between the thumb and finger, and the feet are soft and yellow. Neither ducks nor geese are good if more than one year old.

Chicken Fricassee

1 fowl
1 qt. boiling water
1 small onion
2 tsp. salt
2 tsp. parsley cut fine
Sprigs of parsley for garnishing

Cut the chicken in pieces. Brown the onion in a little fat and put with chicken meat and bones. Add water and let simmer till nearly evaporated. (About 1 hr.) Take out the bone, pour off the liquid and let the meat and sediment brown delicately, stirring and turning the pieces. Then pour back the liquid with enough water to make 2 or 3 cupfuls in all. Add salt and simmer for another hour. Arrange the pieces on a platter, neck and tail in the center, breast pieces and wishbone on top of these, second joints at one end of the dish, legs crossed at the other, and wings and side pieces at either side. Thicken the gravy with flour and pour over the chicken. Sprinkle and garnish with parsley. The fricassee may be served in a border of rice.

Chicken Stew

Prepare like chicken fricassee, except do not brown the chicken. Reduce the liquid to 1½ cupfuls and add 1 cup milk and thicken with 4 tbsp. flour. Stewed chicken, lacking the flavor of browned meat, is better served on toast than with the comparatively tasteless rice.

Creamed Chicken

Melt 1 tbsp. butter, add 1 tbsp. flour, pour in slowly 1 cup hot milk or cream. Add salt and pepper and 1 cup chicken meat cut into small pieces.

Roast Turkey

After singeing the turkey, plump it by plunging it quickly three times in boiling water and three times in cold, holding it by the legs. Drain and dress. Prepare the stuffing by taking pieces of dry bread and crust (not too brown). Place in a pan and pour on a little boiling water, cover tightly with a cloth and let stand until soft; add a large lump of butter, salt and pepper, and one or two fresh eggs and the bread from which the crust was cut so as not to have it too moist. Mix well and season to suit taste with salt, pepper and sage. Rub the inside of the turkey with salt and a little pepper, and stuff. Sew up each slit with a strong

thread; tie the legs down firmly, and press the wings closely to the sides, securing them with a cord tied around the body or with skewers. Steam from one to three hours or until easily pierced with a fork. Place the turkey in a pan with water from the dripping pan in which the turkey was steamed; butter the turkey, sprinkle with salt and pepper, dredge with flour, and if there is not enough water in the pan, keep adding boiling water, basting often. Cook until a nice brown and perfectly tender. Remove to a hot platter and serve with cranberry sauce.

Skim off most of the fat of the gravy, and add water if necessary. Chop the heart, gizzard, and liver (previously boiled in water for 2 hours) and add to the gravy with the water in which they were boiled. Season with salt and pepper and add a smooth thickening of flour and water and stir constantly until the flour is well cooked.

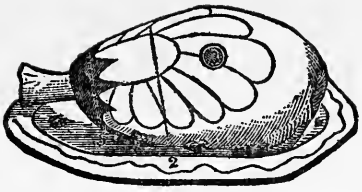
Roast Goose

Take a 10 pound goose and wash thoroughly. After cleaning, put it in a large kettle with a little water and steam till tender. While steaming, prick with a fork every little while to let out the oil. When ready, take out and stuff the same as turkey and set in oven. Cook slowly 2 hours, basting every few minutes.

Carving

To carve well, a good knife of moderate size and great sharpness is a necessity. Fowls are easily carved. In roasts such as loins, breasts, fore-quarters, etc., the butcher should always have instructions to separate the joints. The platter should be placed so near to the carver that he has full control over it; if far off nothing can prevent an ungraceful appearance. In carving a turkey, place the head to the right, cut off the wing nearest you first, then the leg and second joint; then slice the breast until a round ivory-shaped piece appears; insert the knife between that and the bone and separate them; this part is the nicest bit of the breast; next comes the "merry thought." After this, turn over the bird a little, and just below the breast you will find the "oyster," which you can separate as you did the inner breast. The side bone lies beside the rump, and the desired morsel can be taken out without separating the whole bone. Proceed in the same way upon the other side. The fork need not be removed during the whole process. An experienced carver will dissect a fowl as easily as you can break an egg or cut a potato. He retains his seat, manages his hands and elbows artistically, and is perfectly at his ease.

A fillet of veal is cut in thin, smooth slices off the top, and portions of the stuffing and fat are served to each. In cutting a breast of veal, separate the breast and brisket, and then cut them up.

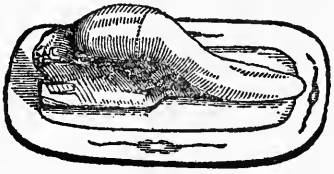


HAM

A ham may be carved three ways: First, by cutting long delicate slices, through the thick fat from 1 to 2, down to the bone; secondly, by running the point of the knife in the middle, and cutting thin circular slices, thus keeping the ham moist; and last, and most economically, by beginning at the knuckle, 4 to 5, and slicing upward.

LEG OF MUTTON

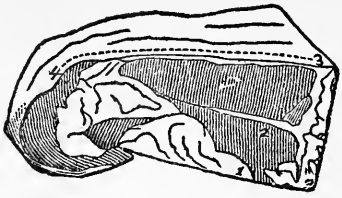
In carving a leg of mutton the best slices are obtained from the center, by cutting from 1 to 2; and some very good cuts are found on the broad end from 5 to 6. Some epicures prefer slices nearer the knuckle, but they are dry. The cramp bone is a delicacy, and is obtained by cutting down to the bone at 4, and running the knife under it in a semicircular direction to 3. The fat so esteemed by many lies on the ridge 5. By turning over the meat some excellent slices are found, and can be cut lengthwise.



TONGUE

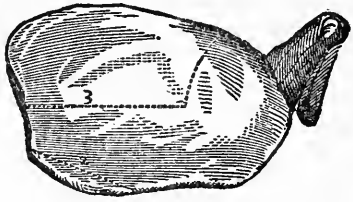
A tongue may be carved as "thin as a wafer," its delicacy depending in a great degree upon that. A well-cut tongue tempts the most fastidious; and this applies, in fact, to all kinds of roast and boiled meats. A chunk of beef we turn from with disgust;

an artistic slice we enjoy. The center slices of the tongue are considered the best, and should be cut across at the line 1, and the slices taken from each side, with a portion of the fat which is at the root, if it is liked. The question should be asked.



Sirloin of Beef

In carving beef, mutton, lamb, and veal, thin, smooth, and neat slices are desirable—cut across the grain, taking care to pass the knife through to the bones of the meat. There are two modes of helping a sirloin of beef; either by carving long, thin slices from 3 to 4, and helping it with a bit of the fat underneath the ribs, or by cutting thicker slices, from 1 to 2, through the tenderloin.



Shoulder of Mutton

A shoulder of mutton should be cut down to the bone, in the direction of the line 1, and then thin slices of lean taken from each side. The best fat is found at 2, and should be cut in thin slices in that direction. Several tempting slices can be cut on either side of the line 3, and there are nice bits on the under side near the flap.

VEGETABLES

Vegetables, like fruits, contain mineral salts important to health. Too many cooks think only of getting vegetables soft, without regard to retaining their juices and salts. Vegetables cooked in water lose a large proportion of their foodstuffs.

When selecting vegetables in the market, choose only those that are in season. Choose medium sized or small vegetables. Large vegetables are usually old and woody; they require more fuel to cook them and are less nutritious than younger ones. Large squashes and cucumbers are seedy; corn with large kernels is tough. Stale or wilted vegetables are never economical and are unwholesome.

If you get your vegetables from the garden, gather them when the dew is on them.

Cook vegetables whole when practicable, or cut them into as large pieces as convenient. Use only as much water as is necessary to cover the vegetable. For small or cut-up vegetables, that can be stirred, use just enough to keep them from burning, adding more as this cooks away.

Green vegetables keep their color better if cooked uncovered. Cook onions and cabbage uncovered; their odor is less noticeable.

The time required to cook any vegetable depends on its age, size and freshness. Old beets may be woody so that they cannot be cooked tender.

Asparagus

Stalks should be green; the ends should show that they have been recently cut. To keep for a short time, stand ends in cold water.

Cut stalks off as far down as they are brittle. Untie the bunches, wash stalks and retie them in bunches right to serve to one person. Tie these into one bunch again and stand in cold water till put on to cook.

Stand the asparagus in a deep kettle and pour in boiling water to cover all but the tips. Let it boil tightly covered till the stalks are tender. The steam will cook the heads. Cook for about 45 minutes. Drain, butter, and serve on strips of buttered toast.

Lima Beans

Buy green, with juicy pods and small veined beans. Wash and shell. Cook uncovered in barely enough water to cover them. Let the water boil down when nearly done and add salt to taste.

Cook from 1 to 1½ hours and serve without draining. Season with butter and pepper.

Potatoes

Potatoes must be cooked till soft all through. Rapidly boiling water wears off the outside of the potato before the inside is cooked. Let it bubble gently. Potatoes baked in a slow oven become dry and hard. Quickly baked potatoes are more easily digested than boiled potatoes.

Mashed Potato

Mash in the kettle in which the potatoes were cooked. When free from lumps, add for each pint of mashed potato:

1 tbsp. melted butter	¼ to ½ tsp. salt
3 tbsp. scalded milk	Pinch of pepper

Beat all together till light and creamy. Heap in a dish without smoothing the top; or put in a baking dish, brush the top with milk and brown in a hot oven.

Stuffed Potatoes

Roast large potatoes (one to each person). Cut in halves lengthwise and take out the pulp, being careful not to break the skins. Mash in a bowl and mix with salt and pepper and a little milk or cream. Put the pulp back in the skins, score with a fork or put it back with a potato ricer. Brush with milk or egg, set in the oven and brown on top.

Stuffed Peppers

Cut green peppers in two lengthwise. Remove every seed carefully and soak the peppers in cold water for half an hour. Dry them and fill with a stuffing made from bread crumbs, seasoned with sage, onion juice, pepper and salt. Chopped meat may be added if desired. Place in buttered pan and bake till brown on top, moistening once or twice with melted butter.

Baked Beans

Soak 3 cups white beans over night in cold water. Pour off water in the morning and cover with cold water. Boil until skins pop open when blown upon; pour off that water and cover with boiling water; add 3 tablespoons molasses, 1 teaspoon salt, ¼ teaspoon soda, ¼ teaspoon mustard and a piece of pork. Bake all day in a slow oven, being sure not to let bake dry.

Baked Tomatoes

Wipe and remove a thin slice from the stem end of 6 ripe tomatoes. Take out seeds and pulp and drain off most of the liquid. Add an equal quantity of cracker crumbs with the pulp

and season with salt and pepper and a little onion juice. Refill the tomatoes with the mixture and bake in a buttered pan for 20 minutes in a hot oven. Sprinkle tomatoes with buttered crumbs before baking.

Stuffed Tomatoes and Rice

Select firm, ripe tomatoes of even size, cut a slice from the top of each and scoop out the center. Boil 2 tablespoons of rice in 1 quart of boiling water for 10 minutes, then drain; melt 2 tablespoons butter in a small pan, add a few bits of chopped onion, also 1 or 2 green peppers, (according to size and taste after the seeds have been removed). After frying the onion and pepper in the butter for about 5 minutes add the scooped part of the tomato and rice; season with salt and pepper. Fill the tomatoes with this mixture and place in a buttered pan with the open tops of the tomatoes down. Brush over with melted butter and bake about 25 minutes.

Cauliflower

Select a close, white cauliflower, trim off decayed leaves and cut stalk off flat at bottom. Open the flower a little in places to remove insects which are generally found near the stalk. Let lie with head downward in salted water for about 2 hours to remove all vermin. Then put in boiling water, salted and boil briskly for 15 or 20 minutes, keeping the sauce pan uncovered. The water should be well skimmed. When the cauliflower is tender, take up, drain, and stand upright in a dish. Pour a thin white sauce over it or it may be served with plain melted butter. Cauliflower makes a good garnish for chicken or sweetbreads.

Dandelions

They are fit for use until they blossom. Cut off the leaves, pick over carefully and wash in several waters. Put in boiling water and boil one hour. Drain well and boil two hours in salted boiling water. Drain, season with butter and more salt if needed and cut with a knife; or boil with a piece of salt pork and omit the butter in the dressing.

String Beans

The pod should be brittle, the string should be delicate and the beans very small. Wash, pull off the strings and snap or cut the pods into inch pieces. Cook in barely enough water to cover, letting this boil down when the beans are nearly cooked. Salt when nearly done. For young beans cook 1 hour; for old ones, 2 to 3 hours. Serve without draining and season with butter and pepper.

Corn

The silk should be brown. Remove outer husks as soon as it comes from the market. Cook as soon as possible as corn is

injured by keeping. Cook in boiling water from 5 to 15 minutes. If cooked in salted water the corn will become wrinkled and hardened.

Beets

Choose those with dirty roots and fresh, green, leaves. If the roots are clean, the beets have probably wilted and been freshened by soaking. Wash, taking care not to break the skin. Cut tops off about 2 inches above the root. If cut short the beets will lose color and sweetness. Cook in boiling water 1 hour for young beets, 4 or 5 hours for old ones. Rub off the skins with a dry cloth. Slice large beets, quarter small ones. Season with butter, salt, and pepper.

Cabbage

Choose a hard, heavy one with crisp, white, leaves, and stalk cut close to the head. Remove outer leaves, cut out stalk, and separate inner leaves, removing any insects found. Cook uncovered in boiling salted water for about 20 minutes or until tender but not sodden. Drain, and season with butter, salt and pepper or mix with a thin white sauce.

Summer Carrots

Wash and scrape, and drop into cold water. Cook in boiling water from 30 minutes to an hour. Serve in a thin white sauce or with green peas.

Winter Carrots

Wash and scrape and cut into half-inch cubes. Cook in a small quantity of boiling water for 20 or 30 minutes and serve in a thin white sauce. Peas and carrot cubes are a good garnish for meat.

Peas

See that the pods are green and brittle and the peas green. Cook as soon as possible. Peas are injured by keeping. Wash the pods before shelling and cook in barely enough water to cover them, adding salt 15 minutes before taking from the fire. Let the water boil down when peas are nearly cooked. Serve without draining; season with butter and pepper. Should the peas lack sweetness, add ½ to 1 teaspoon sugar to each half peck of peas while cooking.

Spinach

Choose spinach with leaves that are fresh and dirty. If clean they have wilted and been soaked to revive them. Cut off roots, stems and poor leaves; wash by lifting from one pan of cold water to another till water is free from sand. Cook in its own juices, heating it gradually till these are drawn out. Cook for about 15 minutes. Rather old spinach may be better cooked in water and drained. Season with butter, salt and pepper.

Summer Squash

The shell should be tender enough to be broken with the finger nail. Wash, cut into pieces and pare. Cook in a steamer or a strainer over boiling water for 30 minutes. Mash, season with butter, salt and pepper. If very watery, press out juice by squeezing between the colander and the plate.

Winter Squash

Choose sound ones with no soft spots. If you buy a quantity, keep spread out in a dry place. Break into pieces, take out shreds and seeds; and steam like summer squash for about 40 minutes. Scoop out inner part. Rub through a colander, and season with butter, salt and pepper.

Tomatoes

The best ones are firm, smooth and evenly red, with no decayed, bruised or green spots. Let them stand in boiling water for one minute to loosen the skins. Peel and cut into pieces. Simmer them for about 20 minutes and add for each pint of tomatoes, 1 tbsp. butter, ½ tsp. salt, a few grains of pepper, and 1 or 2 tsp. sugar. To thicken, stir in 2 tbsp. of sifted cracker crumbs, or omit the crumbs and serve on buttered toast.

Macaroni

Break macaroni into inch pieces. Boil until soft in salted water. Drain and rinse in cold water over a colander to separate the macaroni and to prevent sticking together. Place in a dish and pour hot white sauce over it. Season with butter, salt, and pepper.

Italian Spaghetti

1 lb. spaghetti	1 Spanish onion	1 tbsp. sugar
1 can tomato	1 green pepper with seeds	1 dash red pepper
1 crumb garlic	removed	Butter size of walnut

Boil spaghetti until tender. Make sauce of above ingredients, pour over spaghetti, and bake for 30 minutes.

Time Table for Cooking Vegetables

Asparagus	30 min.	Oyster plant	1 hr.
Beans (string, shelled)	1 hr.	Parsnips	45 min.
Beans, lima	45-60 min.	Peas, dried (baked)	6-8 hrs.
Beans, dried (baked)	6-8 hrs.	Peas (green)	30 min.
Beets (young)	45 min.	Potatoes, med.	30 min.
Beets (old)	2 hrs.	Potatoes, med. (baked)	60 min.
Brussels sprouts	15-20 min.	Sweet potatoes, boiled	45 min.
Cabbage (young))	30 min.	Squash, summer	30 min.
Cabbage (old)	45-60 min.	Squash winter, steamed or baked	1 hr.
Carrots (young)	45 min.	Spinach and other greens	30-45 min.
Carrots (old)	2 hrs.	Tomatoes	30 min.
Cauliflower	1 hr.	Turnips (young)	1 hr.
Celery	20-30 min.	Turnips (old)	2 hrs.
Corn (sweet, young)	12 min.		
Lentils, dried (baked)	6-8 hrs.		
Onions	45 min.		

SALADS

While the food value of a green salad is not large, the salts it supplies, and its appetizing qualities, make it a very wholesome food. The oil or butter used in dressing it furnishes fat in a digestible form. The acid vinegar is a great aid to digestion. If you cannot have salad every day, have it as often as you can. Some people now have salad instead of dessert, and if you cannot have both at the same dinner it is well to substitute salad for a pudding two or three times a week at least.

By using originality and invention, one can produce many a salad not described in cook books, but delightful to eye and taste.

Cooked Salad Dressing (without oil)

½ tsp. mustard
½ tsp. salt
Few grains of cayenne
2 tsp. flour
1 tsp. sugar
Yoke of one egg
¾ cup milk
2 tsp. melted butter
¼ cup hot vinegar

Mix the dry ingredients in a saucepan, stir in the yolk of egg, butter and milk. Stir the mixture over hot water until it begins to thicken, then stir in the vinegar, a few drops at a time. When as thick as cream, strain and cool.

Cream Salad Dressing

2 eggs well beaten
1 tbsp. sugar
1 tsp. mustard
1 tsp. salt
½ cup of vinegar
1 tbsp. melted butter

Cook in a double boiler until creamy. Cool and add ½ cup of whipped cream.

Emergency Salad Dressing

1 tsp. dry mustard
½ tsp. salt
¼ tsp. pepper
1 or 2 tsp. sugar

Add very slowly 1 cup of cream, working it gradually with the dry ingredients. Now add, also by degrees, 1 tablespoon vinegar or more if liked, stirring well. Make just before using.

Mayonnaise Dressing

Yolk of one egg, beat, adding all the while a few drops of oil at a time. When it grows thick and stiff the oil may be added faster till desired amount of dressing is obtained. Add lemon juice and salt to taste.

Mayonnaise Dressing

Yolks of 2 eggs well beaten, 1 teaspoon yellow mustard, 1 teaspoon salt, 1 tablespoon flour, pinch of sugar, and a pinch of cayenne pepper. Rub all together until light. Add ½ cup of sour cream or sweet milk will do and ½ cup of vinegar. Put over a fire until it comes to a boil. Stir constantly. Take from fire and add butter the size of an egg and beat well. When cold, add olive oil to taste for chicken salad; for salmon or fish salad, add lemon juice, and for vegetable salad add equal parts of whipped cream.

Mayonnaise Dressing for Two

Break the yolk of a fresh egg into a small deep bowl and add 4 tablespoons salad oil, 1 tablespoon vinegar, ¼ teaspoon salt. Whip with an egg beater 1 minute.

French Dressing

4 tbsp. salad oil	½ tsp. salt
1 tbsp. lemon juice	¼ tsp. pepper

Put salt and pepper in a bowl and stir oil into it until it is dissolved. Add lemon juice and stir until it thickens. This dressing must be used at once.

Tomato and Cheese Salad

Mash cream cheese and moisten with sweet cream, season with salt and pepper and chopped green peppers. Roll into small balls, put inside of ripe tomatoes, and pour a French dressing over all.

Tomato Jelly Salad

1 quart can of tomatoes, boiled 20 minutes, flavored with one bay leaf, ½ teaspoon sugar, a little salt and pepper and 5 cloves. Soak ⅓ box of silver white gelatine in cold water and add, stirring until dissolved; add 2 tablespoons of vinegar and strain. Pour into small wet molds and harden, serve individually on lettuce leaves with mayonnaise dressing.

Salad of Salmon

Buy a slice of salmon 4 inches thick; fold in a cloth, put in a kettle of cold water and cook slowly for 10 or 15 minutes. Remove from kettle and when cold place the fish in a deep platter surrounded with crisp lettuce leaves. Cover with mayonnaise dressing and garnish with capers, pitted olives, hard-boiled eggs cut in quarters and lemons cut in the same way.

Lobster Salad

Cut lobster meat in small pieces, mix with oil dressing and place on ice. When ready to serve, place a tablespoonful of the lobster meat on a leaf of lettuce, cover with mayonnaise dressing, and garnish with hard boiled eggs.

Fruit Salad

½ can pineapple
2 oranges
3 apples
½ head celery

Cut all in small pieces. Add ½ cup of walnut meats, juice of a lemon and salt to taste. Mix with a thick cream dressing and serve immediately.

Salmon Salad

1 can salmon flaked fine
1 tbsp. lemon juice
½ tbsp. vinegar
Salt and pepper to taste

Form into parts and set away. When ready to serve, place on lettuce leaves and cover with cream dressing.

Potato Salad

Cut potatoes in half-inch cubes. Season with salt and pepper and mix with salad dressing. Place in a salad bowl, on lettuce leaves, garnish with hard-boiled eggs sliced, or with radishes cut in rose shape, or with sprigs of parsley, or all three may be used.

Beet Salad

Take 6 cold boiled beets and chop fine. Add 2 hard-boiled eggs chopped, and mix with salad dressing. Line a salad bowl with chilled leaves of lettuce and place the salad in the bowl. Garnish with rings made of the whites of 2 hard-boiled eggs and put the yokes through the potato ricer and place on top.

Cabbage Salad

Soak one-half of a small, hard cabbage in cold water for 30 minutes. Shred it fine with a sharp knife or vegetable shredder, and mix a cupful of hot salad dressing with it. Serve cold.

Rice Salad

To 2 cups cold boiled rice add 1 cup finely diced beets, 1 cup chopped celery and a sliced cucumber. Green peas, lima beans, or any fresh vegetable may be used with rice for a foundation. Add dressing enough to moisten well.

Banana Salad

Peel as many bananas as you have people to serve. Roll in nuts which have been chopped fine. Place in a lettuce leaf a banana which has been rolled, cover with salad dressing and sprinkle on a few more nuts.

Tomato Salad

Scoop out the tops of as many good sized tomatoes as you have people to serve, and fill the cavity with chopped walnut meats. Put each on a lettuce leaf, add salad dressing to your taste and sprinkle over all chopped green peppers.

Waldorf Salad

Clean a bunch of celery and a head of lettuce, and keep fresh in a wet napkin on ice. When ready to serve, cut the celery in crescent-shaped pieces and mix with diced apple and crumpled pecans or walnuts. Mix with mayonnaise dressing. Line a glass salad bowl with the lettuce and arrange salad in a mound in the center, cover with mayonnaise dressing and garnish with thin rings or crescents of red-skinned apple, celery tips, and whole nut meats.

Tunny Fish Salad

To one can of tunny fish add an equal amount of chopped celery. Mix well with salad dressing. If tomatoes are in season, this may be served in a tomato shell and garnish with a sprig of parsley.

Vegetable Salad

Place crisp lettuce leaves on a flat dish. Slice raw tomatoes, add a layer of sliced cucumbers, then another layer of tomatoes. Serve with an oil dressing and garnish with hard-boiled eggs.

Chicken Salad

Cut cold chicken into small pieces, add ½ amount of chopped celery, 3 hard-boiled eggs, salt and pepper. Mix with dressing and serve on crisp lettuce leaves.

Mock Chicken Salad

Chop cold roast pork or veal, mix with equal part of chopped celery, and 2 hard-boiled eggs. Add salt and pepper and cover with ½ can of green peas. Serve with dressing.

Nut Salad

Chop nuts and mix with an equal quantity of chopped celery. Add baby pitted olives and serve on lettuce with mayonnaise dressing.

Watermelon Salad

Cut the heart of a thoroughly chilled watermelon into cubes and put in a salad bowl. Sprinkle with 1 cup sugar, ½ teaspoon salt, ½ grated nutmeg, and pour over all the juice of 2 large oranges.

Macédoine Salad

Cold cooked peas, carrots, beets, string beans; almost any cold vegetables may be combined in this salad.

Cut beets and carrots in half-inch cubes, string beans and celery in short lengths, mix each vegetable separately with French or cream dressing, and arrange them in sections, forming a circular mound. Let vegetables of contrasting color come next each other. Garnish with radishes, celery tips, lettuce leaves, etc.

Stuffed Tomato Salad

Scald and peel tomatoes; slice off the tops and scrape out their seeds. Fill the cavities heaping full with sliced celery or cucumber mixed with mayonnaise dressing. Arrange on a platter or on separate plates in nests of tender lettuce leaves.

Stuffed Banana Salad

Take firm, smooth-skinned bananas and remove the skin carefully. Dice the pulp and mix with chopped nuts and salad dressing. Replace the pulp in the skins and garnish with celery tips and serve on lettuce leaves.

Tutti-Frutti Salad

Arrange on a platter in any tasteful manner sliced pineapple, bananas, oranges, grapes, and any other fruits in season. Make a syrup and pour over it. The syrup, in a few hours, penetrates the juice and absorbs the flavor of each in a measure and is delicious.

Pineapple Salad

Slice pineapple, remove the center and place a slice on a lettuce leaf. Fill the center with cream dressing. Serve on individual plates.

BREAD AND ROLLS

White Bread

3 or 3½ cups flour
½ cup cold water
½ cup milk
2 tbsp. lukewarm water
½ cake compressed yeast
½ tsp. salt

Scald the milk; sift and measure the flour; put the salt in a bowl and pour the milk on it. Add the cold water, then the yeast mixed thoroughly and smoothly with the warm water. After stirring all together, stir in enough flour to make a drop batter. Beat this batter until it is full of bubbles; then beat in gradually enough more flour to make a rather soft dough. When too stiff to beat, rub a little flour on the molding board, and turn the dough out.

Dust a little flour on the dough and on the palms of the hands. Fold the edge of the dough farthest from you toward the center of the mass, immediately pressing the dough down and away from you with a gentle rolling motion with the palms of the hands, twice repeated. Turn the dough so that what was the right-hand part of it will be farthest away from you; fold over and knead as before; continue to do this, turning the dough and flouring the hands, the board, and the dough, to keep the batter from sticking. Should it stick to the board, scrape it free with a dull knife, and flour the board anew. Knead the dough until it does not stick to your hands or the board, and is smooth on the surface and feels spongy and elastic. It should rise quickly after being indented.

Replace the dough ball in the bowl, brush the top with water, cover the bowl with several thicknesses of cloth and set it near the stove or in a pan of warm water, turning another pan over it.

When the dough has risen to twice its original bulk, lift it on the board and shape into small loaves, handling lightly and using little or no flour. Put into pans, and let it stand in a warm place covered with a thick, clean cloth, until it has again doubled in bulk.

When nearly risen, test the oven; it should be hot enough to turn a piece of writing paper brown in 6 minutes. Bake small French loaves 35 minutes; brick loaves, 4 inches thick, 50 to 60 minutes. Turn the pans if the bread does not bake evenly.

Entire Wheat Bread

1 pt. warm water
½ cup sugar
2 tsp. salt
½ yeast cake
3 pts. sifted flour

Put to rise at night. In the morning mold into 2 loaves, let rise till twice the size of the original loaf and bake in a moderate oven 1½ hours.

Graham Bread

1 cup sour milk
1 cup sweet milk
1 tsp. soda
¼ cup sugar
¼ cup molasses
1 tsp. salt
¾ cup wheat flour

Add enough graham flour to make a batter a little thicker than for cake.

Graham Bread

2 cups sour milk
½ cup molasses
1 tsp. soda
1 tsp. salt
1 cup pastry flour
3 cups graham flour

Mix, and let rise about half an hour before baking.

Nut Bread

3 cups flour
3 tsp. baking powder
1 tsp. salt
½ cup sugar
½ cup chopped nut meats
1¼ cups milk

Bake at once.

Nut Bread

1 egg
½ cup sugar
¼ cup cream
¾ cup milk
2 cups flour
2 tsp. baking powder (with flour)

Add 1 cup peanuts or 1 cup of walnut meats that have been put through the food chopper. Beat well, pour into well-buttered tins, let rise 25 minutes and bake in a moderate oven.

Brown Bread

2½ cups sour milk
2 cups rye meal and 2 cups Indian meal sifted together
⅔ cup molasses
3 tsp. soda

Steam 3 hours.

Klondike Brown Bread

1 tsp. salt
2 eggs (beaten)
½ cup molasses
2 cups sweet milk
1 cup corn meal
3 cups flour

Mix all together and add at least 1 teaspoon baking soda dissolved in a little boiling water. Put in buttered tins and steam 4 hours.

Oatmeal Bread

1 cup rolled oats
3 cups boiling water
½ cup molasses
1 tbsp. shortening (lard)
1 tsp. salt
½ cake yeast

Add boiling water to oats, shortening and molasses, and let stand an hour, or until cool. Add yeast and mix stiff, with bread flour. In the morning knead into loaves and bake 1 hour. This recipe makes 3 loaves.

Rye Bread

Make sponge as for wheat bread, let rise over night, then mix it with rye flour (not so stiff as wheat bread), and bake in a moderate oven.

Plain Bread Rolls, Finger Rolls and Bread Sticks

Shape from white bread dough after its first rising. Cut or pull off pieces the size of an egg; draw up and pinch the edges together, forming balls; then with your hand roll each into a cylindrical shape on the board. Put into French roll pans, let rise until more than doubled in bulk, and bake from 12 to 15 minutes. Or, put the balls on a flat pan, and when they have risen, cut a cleft nearly an inch deep across the top of each one. Bake 12 to 15 minutes. For finger rolls, roll pieces of dough half the size of an egg into cylinders five inches long. For bread sticks, roll out sticks about half an inch thick and five or six inches long. Bake these and finger rolls 10 minutes. The oven may be a little hotter for rolls than for loaves.

Hot Cross Buns

1 1 cup scalded milk
¼ cup sugar
2 tbsp shortening
1 tbsp. salt
½ yeast cake dissolved in ¼ cup warm water
¾ tbsp cinnamon
3 cups flour
1 egg
¼ cup raisins

Cover and let rise over night. Make into biscuits and cut a cross on each.

Rusks

2 cups raised dough
1 cup sugar
½ cup butter
2 eggs well beaten
Flour to make a stiff dough

Set to rise and when light mold into high biscuit, and let rise again; sift sugar and cinnamon over the top, and place in oven.

Italian Rolls

1 pound bread dough
¼ pound butter

Work the butter into the dough and roll out half an inch thick. Cut in strips nearly an inch wide and seven or eight inches long; sift fine corn meal over them and place apart in a buttered tin and when light bake in a quick oven.

Coffee Rolls

Work 1 rounded tablespoon of butter and ½ cup of sugar into 1 quart of bread dough. Add some dried currants (well washed and dried in the oven), sift some flour and sugar over them, work into the other ingredients, and make into small rolls. Dip into melted butter, place in tins, let rise a short time and bake.

Entire Wheat Muffins

1 cup entire wheat
1 cup white flour
½ cup sugar
¼ tsp. salt
4 tsp. baking powder
1 egg
1¼ cups milk
4 tbsp. melted butter

Bake in hot muffin tins 20 minutes.

Popovers

1 cup flour
1 cup milk
¼ tsp. salt
2 eggs

(Set popover cups on the stove to heat). Put the flour in a bowl; make a well in the center of it; drop in salt and then the unbeaten eggs. Add the milk gradually, stirring in widening circles from the center. Bake in buttered muffin pans or in earthen cups, in a hot oven for 30 minutes.

Tea Biscuit

2 cups flour
3 tsp. baking powder
½ tsp. salt
1 tbsp. butter
¾ cup milk (or milk and water.)

Sift the flour, baking powder and salt together. Rub in the butter (which should be cold and firm) with the tips of the fingers, or cut with a knife, until the mixture looks like meal. Pour in milk slowly, cutting, not stirring, the mass with a knife. As soon as one portion of the flour becomes slightly moistened, push it aside. When all is moist, turn out on a floured board. Knead it for a minute with the hands. Pat and roll it lightly with a rolling pin to a thickness of ¾ of an inch. Cut into biscuit with a small biscuit cutter dipped in flour. Bake on a pan for 12 or 15 minutes in a hot oven.

Plain Muffins

2 cups flour
3 tsp. baking powder
½ tsp. salt
1 tbsp. butter
¾ cup milk

Mix and sift the flour, baking powder and salt. Stir in enough milk to make a drop batter, beat well, and add the butter melted. Bake about 20 minutes.

Egg Muffins

1½ cups flour
2 tsp. baking powder
½ tsp. salt
1 cup milk
1 egg
1 tbsp. melted butter

Mix and sift dry ingredients. Separate the egg; beat the yolk slightly and the white to a stiff froth. Stir the milk, beaten yolk, and melted butter in the order named, into the dry ingredients. Lastly, fold in the beaten whites. Bake in muffin pans 25 minutes.

Corn Meal Muffins

¾ cups corn meal
1 cup flour
2 tsp. baking powder
½ tsp. salt
1 cup milk
1 tbsp. butter
1 egg

Scald half the milk. Separate the egg, and beat the white to a stiff froth. Put the corn meal in a bowl, make a well in the center, into the well put the salt and butter. Stir in the scalded milk. Add the yolk unbeaten, the cold milk and the flour and baking powder sifted together. Beat well and fold in the beaten whites. Bake in a hot oven 30 minutes.

Singing Corn Cake

Two cups of Indian meal one cup of wheat,
One cup sour milk, one cup of sweet,
One good egg that you will beat,
One half cup of molasses, too,
One half cup sugar add thereto,
With one spoon of butter new,
Salt and soda, each a spoon.
Mix it quickly, bake it soon.

Sponge Corn Cake

2 eggs
1 tbsp. melted butter
1 cup sour milk
½ tsp. each of soda and salt
1 cup flour
½ cup corn meal

Bake in gem pans.

Griddle Cakes

2 cups flour
1 tsp. baking soda
½ tsp. salt
2 cups sour milk
1 egg

Put the griddle where it will be hot by the time the cakes are mixed. Sift the flour, salt and soda together. Beat the egg well. Stir the milk into the flour. Add the beaten egg, and beat it all together until well mixed. Bake by spoonfuls on a hot griddle.

When the cakes are full of bubbles on top, and brown on one side, turn them over with a broad knife or cake turner. If large bubbles rise in the top at once, the griddle is too hot. If the top of the cake stiffens before the under side is brown, the griddle is not hot enough. Never turn a cake twice; a twice turned cake will be heavy.

Serve the cakes as soon as they are baked, piled (not more than six to eight together) on a hot plate. Serve with butter and syrup, or butter and sugar.

In making griddle cakes with sweet milk, omit the soda, and add 2 teaspoons of baking powder and 1 tablespoon of melted butter.

Rice Griddle Cakes

2½ cups flour
½ cup cold cooked rice
1 tbsp. baking powder
½ tsp. salt
⅓ cup sugar
1½ cups milk
1 egg
2 tbsp. melted butter

Old-Fashioned Buckwheat Cakes

In an earthen jar or deep dish put 1 pint of warm water, 1 teaspoon salt, ½ cake yeast dissolved in warm water, 3 tablespoons molasses and enough buckwheat flour to make a batter as thick as cream. Stir until free from lumps. Let rise over night and in the morning add a scant teaspoon soda dissolved in a little warm water. Fry in small cakes and serve with butter and syrup.

Gluten Bread

1 cake compressed yeast
1 cup milk, scalded and cooled
1 cup lukewarm water
1 tbsp. lard or butter, melted
3 cups gluten flour
1 tsp. salt

Dissolve yeast and sugar in lukewarm liquid. Add lard or butter, then flour gradually, and salt. Knead until smooth and elastic. Place in well-greased bowl, cover and set in a warm place, free from draft, to rise until light, about 2 hours. Mould into loaves, place in greased pans, filling them half full. Cover, let rise again, and when double in bulk, which should be in about 1 hour, bake in moderate oven 45 minutes. Makes two one-pound loaves. For diet use all water and omit shortening and sugar.

White Bread

Quick Method

2 cakes compressed yeast
1 quart lukewarm water
2 tbsp. sugar
2 tbsp. lard or butter, melted
3 quarts sifted flour
1 tbsp. salt

Dissolve yeast and sugar in lukewarm water, add lard or butter, and half the flour. Beat until smooth, then add salt and balance of the flour, or enough to make dough that can be handled. Knead until smooth and elastic. Place in greased bowl, cover and set aside in a moderately warm place, free from draft, until light—about 1½ hours. Mould into loaves. Place in well-greased bread pans, filling them half full. Cover and let rise 1 hour, or until double in bulk. Bake 45 to 60 minutes. If a richer loaf is desired, use milk in place of part or all of the water.

Sally Lunn

1 cake compressed yeast
2 cups milk, scalded and cooled
1 tbsp. sugar
4 tbsp. butter, melted
4 cups sifted flour
2 eggs
1 tsp. salt

Dissolve yeast and sugar in lukewarm milk. Add butter, then flour, eggs well beaten, and the salt. Beat until perfectly smooth. Pour into well-greased pans. Cover and let rise in a warm place, free from draft, until double in bulk—about 1½ hours. Sprinkle 1 tbsp. granulated sugar over top and bake 20 minutes in hot oven. Serve hot. Break apart with fork. This recipe will fill two medium cake pans.

Oatmeal Muffins

1 cake compressed yeast
¼ cup lukewarm water
3 tbsp. sugar
2 tbsp. butter
1 cup hot milk
1 cup rolled oats
½ cup whole wheat flour
½ cup sifted white flour
1 tsp. salt

Boil oats and butter in milk 1 minute. Let stand until lukewarm. Dissolve yeast and sugar in lukewarm water, and combine the two mixtures. Add flour and salt, and beat well. The batter should be thick enough to drop heavily from the spoon. Cover and let rise until light, about 1 hour, in a moderately warm place. Fill well-greased muffin pans two-thirds full. Let rise about 40 minutes, bake 25 minutes in a moderately hot oven.

Waffles

4 tbsp. melted butter
2 tsp. baking powder
2 cups flour
½ tsp. salt
2 eggs
1½ cups milk

Mix flour with baking powder. Beat the yolks of eggs, add butter and milk. Add this mixture gradually to dry ingredients, beating thoroughly. When well mixed fold in stiffly beaten whites of eggs. Pour from a pitcher into center of hot, well-greased waffle iron. Serve with maple syrup.

CROQUETTES, FRITTERS AND PATTIES

Articles of food to be fried are usually covered with egg and crumbs, flour or meal, to protect them from absorbing the fat. Use a deep frying pan or kettle. A wire frying basket to hold the articles to be fried, hung on a long handle fork, is convenient; but they may be lowered into the fat with a wire egg beater. Put the fat into a cold kettle and bring it to the right degree of heat. Have several sheets of soft paper ready on a pan, also a pan to hold under the food as it is taken from the fat. When the fat begins to smoke, drop into it an inch cube of white bread. If this becomes a golden brown in forty seconds, it is right for croquettes and other articles of cooked material, and for fish and oysters. If it takes sixty seconds, it is right for fritters and most other uncooked articles. Three croquettes can be fried at once in a three-quart saucepan. More will cool the fat below the soaking point. When all the grease has been absorbed by the paper, arrange the food on a platter, and garnish with parsley; in the case of fish or oysters, with parsley and lemon.

Chicken Croquettes

2 cups chicken, chopped fine
1 cup thick white sauce
1 tsp. onion juice
Few grains grated nutmeg
Salt and pepper to taste

Add seasoning to the chicken, mix with hot white sauce, and turn on to a platter to cool. When cold, form into cylinders or cones, roll in egg and bread crumbs, and fry in deep fat. Stick a small sprig of parsley in each one. They may be served with white sauce poured around them.

Potato Croquettes

2 cups mashed potato
2 tbsp. butter
½ tsp. salt
Pinch of pepper
¼ tsp. celery salt
10 drops onion juice
1 egg

Beat the egg, mix it with the potato and add the other ingredients. Heat the mixture in a saucepan, stirring, and when it cleaves from the sides of the pan turn out on a flat dish. When cold, shape into cylinders 3 inches long. Roll in egg and crumbs and fry.

Rice Croquettes

Mix 1 cup of cooked rice with 1 beaten egg, and 1 tablespoon flour. Fry in hot lard and take up on paper. These croquettes are to be eaten with meat.

Salmon Croquettes

To 1 can of salmon take 1 egg and 3 crackers rolled fine, add 2 tablespoons cream and 2 tablespoons of melted butter. Mix till smooth, roll in crumbs and fry till brown.

Salmon Croquettes

1 can salmon
1 egg beaten
½ cup fine bread crumbs
Part of 1 lemon
Salt and pepper

Drain the fish and mince. Melt and work in the butter, season, and if too dry moisten with the liquor of fish. Add crumbs. Form into rolls, flour and roll in crumbs. Put on ice for an hour. Fry in hot fat and garnish with parsley.

Ham Croquettes

1 cup ham chopped fine
1 egg
2 cups mashed potato
1 cup bread crumbs
1 tbsp. butter

Make into rolls, dip in beaten egg, then in bread crumbs, and fry in hot fat.

Fritters

Mix and sift 1 pint of flour, 1 teaspoon sugar, ½ teaspoon soda, and 1 teaspoon cream tartar. Beat 1 egg very lightly and add ½ pint of milk, Stir this into the flour and add 1 tablespoon of olive oil. Drop pieces of fruit into the batter. (Apples, peaches, bananas, or pineapple may be used.) Drop spoonfuls of the batter with fruit in hot fat and fry till brown. Remove from fat and drain on paper. Sprinkle with powdered sugar and serve with syrup or with a sauce made of the fruit juice.

Corn Fritters

1 can corn
1 tsp. salt
1 cup flour
¼ tsp. paprika
1 tsp. baking powder
2 eggs

Chop corn. Add dry ingredients mixed and sifted, then add yolks of eggs beaten until thick and fold in whites of the eggs beaten stiff. Cook in a frying pan in hot fat.

Chicken Patties

Make a rich pie crust, line patty pans and bake in a moderate oven. Cut cold cooked chicken in bits and cream in a rich white sauce. Pour into patties and serve after seasoning with salt and pepper to taste.

Dresden Patties

Cut stale bread or biscuit into 2 inch slices, shape with a round cutter and remove center, making cases. Dip cases in egg slightly diluted with milk and seasoned with salt. When the bread is soaked, drain and fry in deep fat. Fill with creamed oysters, chicken, or creamed vegetable.

Oyster Patties

Make patty cups of rich pie crust and bake. Just before serving fill with creamed oysters. Vegetable patties may be made in the same way by creaming them in a rich white sauce and serving in patty cups.

Cheese Balls

3 eggs (whites)
¼ tsp. salt
1 tbsp. flour
1 tsp. Parmesan cheese
1½ cups grated dairy cheese
Cayenne (dash)
Bread crumbs

Beat eggs until stiff, add other ingredients and roll in crumbs. Form into ¾-inch balls. Fry in deep fat. Serve with salad, 2 balls on a plate. Makes 18 balls.

BREAKFAST AND LUNCHEON DISHES

Cereals

Cereals are the most important of vegetable foods. Oatmeal and cornmeal, having more fat than other grains, are good winter foods. On account of its strong and indigestible fiber, oatmeal is less nutritious than other grains except for strong, hard-working people.

Cereals should absorb all the water they are cooked in. If too moist when nearly done, cook uncovered for a time.

To improve rice, farina, or hominy, stir in ¼ cup of milk about 15 minutes before taking from the fire and leave the cover off during the rest of the time.

It is better not to eat cereals at all than to eat them under cooked. Sugar, a heat giver, is not needed with cereals; milk and cream, on the other hand, supply fat and substances, of which cereals have little.

Whole Oatmeal

1 cup oatmeal
4 cups water
1 tsp. salt

Put the water with the salt in the upper part of the double boiler and set it directly over the heat. When it boils, stir in the oatmeal, put the parts of the boiler together and cook over night or 6 hours by a day fire. Reheat in the morning.

Steamed Oatmeal

Soak the oatmeal in the water for several hours, add the salt and steam 3 hours.

Hominy

1 cup hominy
4 cups water
1 tsp. salt

Put the water and the salt together and bring to a boil. Stir in the hominy and steam 4 hours.

Rice Omelet

3 eggs
1 cup milk
½ tsp. salt
1 tbsp. butter
1 tbsp. flour
1 pt. cooked rice

Beat yolks and whites separately, add milk, flour and salt. Add this to a pint of cooked rice. Bake 20 minutes.

Glorified Eggs

4 eggs
1 tsp. salt
1 cup milk
Butter size of walnut

Beat the eggs until light, add the other ingredients and put in a double boiler. Do not stir. When mixture is firm it is ready to serve. Turn on a hot platter and serve at once.

French Omelet

4 eggs
4 tbsp. water
½ tsp. salt
Few grains pepper
1 tbsp. butter

Beat the eggs lightly, add water, salt and pepper. Melt the butter in a hot omelet pan without letting it brown. Turn in the eggs, shake the pan gently, and as the egg thickens, lift it lightly with a fork or knife letting the uncooked part run underneath. The omelet should slip on the pan without sticking anywhere. When creamy all through roll it up, rolling toward the left side of the pan. Hold a hot platter over the edge of the pan and turn the pan and the platter over so that the omelet will fall in the center of the platter. Garnish with parsley and serve at once.

Omelet

5 eggs, yokes and whites beaten separately
1 cup sweet milk
1 tbsp. flour mixed smoothly with a little milk
1 tsp. salt

Beat thoroughly. Add the whites last. Pour into a buttered spider and when partly done turn over. Cook a light brown.

Baked Omelet

6 eggs
1 tbsp. butter
1 cup milk
1 tsp. salt
1 tbsp. flour

Melt the butter. Add the flour and when smooth add the milk and stir until thickened and creamy. Remove from fire and set aside to cool. Separate the eggs, beating the yolks until light and the whites stiff. Fold the yolks into the sauce and then the whites. Put into a baking dish and bake in a moderate oven 20 minutes. Serve immediately in the dish in which it was baked.

Macaroni with Boiled Ham

Boil 1 cup of macaroni broken in inch pieces in salted water until soft. Drain and dash cold water over it to separate the pieces. Make a sauce of 1 cup of scalded milk, 2 tbsp. butter, and 2 tbsp. flour. Put a layer of macaroni in a baking dish, cover

with sauce and sprinkle liberally with cold boiled ham which has been chopped and grated cheese. Continue until the materials are used, cover the top with buttered crumbs and bake until brown.

Macaroni and Tomatoes

Boil macaroni in salted water until soft. Add the same amount of tomatoes as macaroni and let simmer on the back of the stove. Just before serving add 1 cup of sweet cream and let heat for 3 minutes and serve.

Macaroni and Tomatoes

Boil ½ pound of macaroni until soft. Rinse in cold water and place a layer of macaroni on the bottom of a buttered baking dish. Salt and pepper, add a layer of tomatoes and continue until the materials are all used. Pour a thin white sauce over all, cover with buttered crumbs and bake until brown.

Macaroni and Cheese

Boil ¾ cup of macaroni in salted water until soft. Drain in a strainer and rinse in cold water. Put a layer of macaroni in a buttered baking dish and sprinkle with grated cheese. Repeat until the materials have been used. Pour 1 cup of white sauce over the top, cover with buttered crumbs and bake until brown.

"Cleave to that which is Good"

1 cup Mark 8:8.
1 cup Genesis 49:12, mixed with 1 tbsp. I Kings 4:22.
2 Isaiah 10:14 (Genesis 27:40 and Job 6:6, Prov. 23:14, Genesis 13:9). Lev. 2:13 to taste.
20 minutes of I Sam. 28:24.

Eggs Vermicelli

Separate the whites and yokes of 4 hard-boiled eggs. Chop the whites and rub yolks through a sieve. Melt a tablespoon of butter and when bubbling add a tablespoon of flour gradually, a cup of milk, stirring well, and salt and pepper to season. Add the whites to this sauce and spread thickly on buttered toast, then sprinkle the yolks over the top.

Scrambled Eggs

Toast thin slices of bread, moisten the edges with hot salted water or milk, arrange on hot plates and butter slightly. Beat the yolks of 4 eggs, add 4 tbsp. thin cream, ¼ tsp. salt, then fold in the well-beaten whites. Melt a little butter in a saucepan, add the mixture and as it cooks draw the thickened portion toward the center. Take up by the spoonful and lay on the toast.

Dropped Eggs

Have a pan of hot water ready. Salt the water that the eggs may keep round and even. Drop in as many eggs as desired and cook till the whites are firm. Lift out carefully and serve on toast or on a hot platter garnished with parsley.

Bird's Nests

Beat the white of an egg stiff and heap it on a slice of buttered toast in the shape of a nest. Drop the yolk in the center, add a little salt and brown in a quick oven.

Stuffed Eggs

Boil eggs hard. Cut in halves lengthwise, remove yolks and mash fine. Mix with cream salad dressing and refill the whites. Serve on lettuce leaves.

Tomato and Egg

Place tomato from which pulp has been removed in ramekin dish; sprinkle with salt and pepper and drop egg into the cup in the tomato. Bake in a moderate oven with ramekin covered with buttered paper and set in a pan of hot water.

Bread and Cheese

Line a baking dish with slices of dry bread and butter, cover with 1 cup of dairy cheese cut up fine, a little mustard, salt and pepper. Pour over this 1 cup of milk to which have been added 2 well-beaten eggs, and as much more milk as the bread will soak up. Bake in a quick oven until it rises and seems firm. (About ½ hour.)

Cheese Fondue

1 cup scalded milk
1 cup soft stale bread crumbs
¼ lb. mild cheese cut in small pieces
1 tbsp. butter
½ tsp. salt
3 eggs, yolks and whites beaten separately

Mix the cheese and the crumbs with the milk. Add the butter and salt and the yolks of the eggs. Fold in the whites and pour into a buttered baking dish. Bake 20 minutes.

Cheese Ramekin

4 tbsp. grated cheese
2 tbsp. butter
1 gill milk
4 tbsp. bread crumbs
Yolks of 2 eggs
Whites of 3 eggs beaten stiff
⅓ tsp. mustard
Salt and pepper to taste

Put the bread and milk on and boil until smooth. Add cheese and butter. Cook over fire 1 minute, remove and add seasoning

and the yolks of the eggs. Stir the whites in carefully. Pour in a buttered dish and bake 15 minutes in a quick oven. Serve immediately.

Cheese Souffle

Put 2 tablespoons of butter in a saucepan, add 1 heaping tablespoon flour. When smooth add ½ cup milk, ½ teaspoon salt, and a few grains of cayenne. Cook 2 minutes. Add the yolks of 3 eggs well beaten and 1 cup grated cheese. Set away to cool. When cold add the whites beaten to a stiff froth. Turn into a buttered dish and bake 25 or 30 minutes. Serve at once.

Potato Puff

2 cups hot or cold mashed potatoes
2 eggs
3 tbsp. cream
Salt and pepper to taste

Put the potatoes in a frying pan, add yolks of eggs, cream and seasoning, stir until well mixed. Take from fire, add the egg whites (beaten stiff), heap in a buttered baking dish or gem pans and bake in a quick oven until nicely browned.

Cold Meat and Potatoes

Pare and boil 6 good sized potatoes. Mash light and fine, add butter the size of an egg, 1 cup of hot milk, and salt and pepper to taste. Beat up light and spread on a hot platter. Place on this slices of cold meat with a tablespoon of gravy on each slice. Put a little gravy around the dish and set it in a hot oven for 5 minutes.

Rice and Cheese

Cook 1 cup of rice and strain off the water if any. Make a white sauce of 1 tbsp. butter, 1 tbsp. flour, 1 cup of milk and cook until thick. Add ½ pound of cheese grated fine. Put a layer of rice in a buttered dish, then a layer of sauce until all is used. Season with a bit of red pepper and salt to taste. Bake 20 minutes.

Fish Balls

1 cup codfish, 1 quart raw potatoes cut in slices. Put in cold water and boil. Drain and mash fine. Add butter the size of an egg, a dash of red pepper and 2 well-beaten eggs. Mix with a large spoon and fry brown in boiling fat.

Meat Popovers

1 cup of any kind cold meat finely chopped. Make a batter of 2 eggs, 1 cup of flour, 1 cup of milk, a little salt and a pinch of cayenne. Beat well and stir into the meat. Bake in hot gem pans 15 minutes.

Lamb Scallop

Chop cold lamb and add any gravy that may have been left over, seasoning to taste. In a dish put a layer of the meat, then a layer of bread crumbs and a layer of cooked tomatoes, until all is used. Add a small lump of butter to the top layer of bread crumbs and bake.

Walnut Loaf

2 cups walnut meats ground fine	1 egg
	Salt and pepper to taste
2 cups bread crumbs	Onion if liked

Add a mixing spoon of butter. Mix dry ingredients, add milk to make moist, put in a buttered tin and cover with bread crumbs and dot with butter. Bake 1 hour and serve as meat with tomato sauce or plain if preferred.

Celery Sauce for Nut Loaf

Brown 3 tablespoons flour in 3 tablespoons butter, add 1½ cups of meat stock or cream in which bits of celery have been cooked. Season and strain.

Scalloped Haddock

Boil 4 pounds of haddock in salted water with 1 tablespoon vinegar for 15 minutes, then pick apart and flake. Make a white sauce of 1 pint of milk, 1 pint of cream and 4 tablespoons flour. Cook until it thickens and add a little salt. Butter a baking dish and put in a layer of fish, then one of sauce until both are used up, adding a little pepper each time. Cover the top with buttered crumbs and bake until brown.

Pigs in a Blanket

Take very thinly sliced bacon, roll an oyster up in each piece, pin together with a toothpick and bake in a hot oven until brown. Arrange on a platter, garnish with parsley and serve at once.

Baked Eggs with Cheese

Break 4 eggs into buttered ramekin and pour 1 tablespoon of cream over each egg. Place ramekin in a pan of water and cook in the oven until whites begin to thicken. Sprinkle with cheese and bread crumbs and continue cooking until brown.

Cheese Potato Puff

To 1 cup baked mashed potato add 2 to 3 tablespoons milk, 1 egg, ½ teaspoon salt, ½ cup grated cheese. Beat until light. Refill skins and brown.

PUDDINGS AND SAUCES

Plain Bread Pudding

1 qt. scalded milk
½ cup sugar
2 eggs
¼ tsp. salt
2 cups stale bread crumbs without crust, grated or rubbed
or
1 cup dried crumbs

Beat the eggs slightly; beat into them the sugar and add the milk, spice, and salt. When the crumbs become soft, turn into a buttered dish, and bake until a knife inserted in the pudding comes out clean.

Variations of Bread Pudding.—1. Add one cupful of boiled raisins, citron and currants mixed.

2. Separate the eggs, add only the yolks to the pudding. Beat the whites stiff; beat into them two and a half tablespoonfuls of powdered sugar, spread them roughly over the pudding, and return it to the oven for two minutes, or till a delicate brown.

3. Queen of puddings. Like variation 2, except omit spice, flavor with one and a half tablespoonfuls of lemon juice and spread it over with jam or jelly before covering it with the meringue.

Bread Puddings are baked custards thickened with bread crumbs. They should be soft, like custard.

Plain Soft Custard

2 cups scalded milk
3 egg yolks
6 tbsp. sugar
⅓ tsp. salt
½ tsp. vanilla

Beat the eggs slightly, beat into them the sugar and salt, and stir in slowly the hot milk. Pour into a double boiler, and cook, stirring constantly, until the custard is thick enough to coat the spoon. Strain at once through a fine strainer into a cold pitcher. When cool stir in the vanilla, and pour into a glass dish or glass custard cups for serving.

Apple Tapioca

4 tbsp. pearl or granulated tapioca
6 tart apples
1 pint boiling water
½ cup sugar
¼ tsp. cinnamon or nutmeg
Few grains salt

Soak the tapioca over night in a cupful of cold water. Core and pare the apples, slice one of them, and cook it with the tapioca in the boiling water till the latter is translucent. Place the rest of the apples upright in a buttered baking-dish, sprinkle over them

the sugar and spice, pour over them the tapioca mixture, and bake till they are tender. Serve with sugar and cream.

Cup Custard (For three)

1½ cups milk, warmed, 1 egg beaten light with 2 tbsp. sugar. Beat all together until very light, sprinkle nutmeg on top or add vanilla; then put in ramekins and bake in oven in pan of boiling water until firm.

Delmonico Pudding

3 cups milk
3 crackers
3 eggs well beaten
½ cup desiccated cocoanut
½ cup sugar
½ tsp. salt

Pour into a buttered pudding dish. Sprinkle some of the cocoanut on top and some grated nutmeg. Bake about ½ hour, standing dish in a pan of hot water. Use large cup in measuring.

English Plum Pudding

½ lb. suet chopped fine
½ lb. cracker crumbs
1 lb. seeded raisins
2 lbs. currants
½ lb. orange peel
½ lb. lemon peel
3 tbsp. cloves
1 lb. flour
3 tbsp. allspice
2 tbsp. mace
6 eggs
1 nutmeg
1 cup sugar
3 cups molasses
1 pint milk

Boil for 5 hours.

Aunt Nellie Plum Pudding

22 crackers
1½ quarts milk
3 eggs
1½ cups sugar
½ tsp. salt
½ tbsp. cinnamon
½ tbsp. nutmeg
½ pound citron
1 pound raisins
1 tsp. soda

Put the crackers in one quart of milk let stand over night, beat in the eggs and other ingredients with one pint of milk, put in the pudding dish and bake four hours in a slow oven.

Fruit Pudding

1 cup cider
1 cup molasses
1 cup suet
1 cup raisins
1 tsp. soda

Add flour enough to stiffen about like cake, spice to taste and steam 2 hours. Serve with hard sauce.

Orange Pudding

4 oranges peel and slice. Cover with ½ cup sugar. Let stand ½ hour. Beat together yolks of 3 eggs, 1 tbsp. cornstarch, 1½

cups sugar, 1 pint sweet milk. Cook this like thick custard and when cold pour over the oranges. Beat the whites of eggs with ½ cup sugar and brown in the oven.

Cornstarch Meringue

1 quart milk
¼ cup cornstarch
3 eggs
¼ cup granulated sugar
1 tsp. vanilla extract
6 tbsp. powdered sugar

Scald the milk in a double boiler, and stir into it the cornstarch just moistened with cold water. Cook directly over the heat till it comes to a boiling point; then remove at once. Separate the eggs; beat the yolks slightly by themselves, then with the granulated sugar; stir these into the thickened milk, cook all together for one minute, add the vanilla, and pour into a baking dish.

For the Meringue. Beat the whites till frothy, add the powdered sugar, and beat again. When stiff enough to hold its shape, spread the meringue over the pudding, heaping it in the middle, sprinkle with powdered sugar, and brown slightly in a warm oven. Serve cold.

Creamy Rice Pudding

1 quart milk
½ cup rice
½ cup sugar
Grated nutmeg few grains
¼ tsp. salt

Wash the rice. Mix the ingredients in a pudding dish and bake for three or four hours, stirring in a brown crust as it forms. Or cook slowly for a shorter time in a saucepan on the stove, stirring often. Serve cold.

Half a cupful of raisins may be added to this recipe.

Chocolate Cocoanut Pudding

2 cups bread crumbs soaked 1 hour in 2 cups milk
1 egg and 1 yolk
½ cup sugar
1 tbsp. butter
1 square chocolate melted
2 tbsp. cocoanut

Cook in a double boiler 1 hour.

Sauce. One cup powdered sugar, ½ cup butter; cream together and add the beaten white of 1 egg.

Chocolate Pudding

1 pt. strong boiling coffee strained
1 cup sugar
3 tbsp. cornstarch
1 dessert spoon cocoa

Mix cocoa and cornstarch in a little cold water. Last add ½ teaspoon vanilla. Turn in small molds and serve with whipped cream.

Chocolate Pudding without Eggs

2 cups scalded milk
2 cups bread crumbs soaked until soft
⅔ cup sugar
2 tbsp. cocoa or
2 squares chocolate
1 tsp. vanilla

Bake about 1 hour. Serve with hard sauce or whipped cream.

Pineapple Cream.

1 can pineapple, grated or chopped fine
1 cup sugar
½ box gelatine
½ cup cold water
1½ cups boiling water
1 pint cream

Soak the gelatine in the cold water; stir the pineapple into the boiling water and add the sugar and gelatine. Let it stand till it thickens and cools, then beat until it looks white, stir in the whipped cream and mold.

Prune Whip

Soak 1 cup prunes in warm water and cook until tender. After removing pits cut up in fine pieces and when cold add ½ cup sugar and ½ cup hot water, in which is dissolved 1 envelope minute gelatine. Whip into this the well-beaten whites of 3 eggs. Serve with cream.

Raspberry Pudding

Yolks of 2 eggs
1 cup sugar
1 cup sweet milk
A little salt
1 cup flour
1 tsp. cream of tartar
½ tsp. soda

When baked spread with raspberry jam and frost with whites of eggs beaten stiff with 3 tablespoons sugar. Eat with cream and sugar.

Raisin Puffs

2 eggs
1 tsp. butter
2 tsp. sugar
2 cups flour
1 cup sweet milk
1 tsp. baking powder
½ cup raisins chopped fine

Fill cups half full. Steam ½ hour. To be eaten with sauce.

Revere Pudding

1 cup molasses
1 cup sweet milk
3 cups flour
½ cup melted butter
1 cup raisins
1 tsp. soda
2 tsp. mixed spices

Mix thoroughly together and steam 3 hours.

Rice Pudding

½ cup uncooked rice
2 eggs
3 pints milk
Butter size of small egg
¾ cup sugar
1 large cup seeded raisins
Salt, nutmeg and cinnamon to taste

Bake 3½ hours, stirring frequently until it begins to boil. Do not put in the raisins until the pudding begins to thicken.

Snow Pudding

1 cup boiling water
½ cup sugar
1 tbsp. cornstarch dissolved in a little water
2 beaten whites of eggs

Cook together water and cornstarch in double boiler till it looks like starch. Add sugar and whites of eggs. Flavor with lemon. Turn into custard cups and cool.

Sauce. One cup of milk, pinch of salt, beaten yolks of 2 eggs, ½ cup sugar. Cook in a double boiler till like a custard. Flavor with vanilla.

Steamed Suet Pudding

2 cups milk
1 cup molasses
1 cup suet or butter
1 cup raisins
4 cups flour
1 tsp. soda
1 saltspoon salt

Steam 3 hours. Serve with sugar and cream or some sauce.

Walnut Cream

Soak ¼ box gelatine in ¼ cup cold water for 30 minutes. Beat the yolks of 3 eggs; add a little salt, ½ cup sugar, and 1 cup of hot milk. Cook until it thickens. Add gelatine and strain. Then add ½ cup walnut meats pounded pretty fine. When it begins to thicken add another half cup walnut meats, 1 tablespoon wine and ½ pint whipped cream. Turn into a mold to cool and serve with whipped cream.

Fig Pudding

Cook 1 cup graham flour in 1 pint salted water, one hour or more. Then add ½ pound of figs cut in small pieces and ½ pound walnut meats. Cook ¾ hour and serve cold with whipped cream.

Charlotte Russe

½ envelope Knox sparkling gelatine, 1 cup sugar, ½ doz. rolled stale macaroons, 1 pint heavy cream, 1 doz. marshmallows in small pieces, vanilla, 2 tbsp. chopped candied cherries, ¼ cup cold water, ¼ lb. blanched and chopped almonds, ¼ cup boiling water. Soak the gelatine in cold water, dissolve in boiling water, and add sugar. When the mixture is cold, add cream beaten until stiff, almonds,

macaroons, marshmallows and candied cherries. Flavor with vanilla. Turn into a mold first dipped in cold water, and chill. Remove from mold and serve with angel cake.

Dutch Apple Cake

2 cups flour
½ tsp. salt
½ tsp. soda
2 tsp. cream of tartar
¼ cup butter

Sift together dry ingredients and work butter in. Add 1 egg beaten and 1 cup of milk. Turn into a buttered pan and press into the top apples which have been pared and quartered. Sift 3 tablespoons of sugar and 1 tablespoon of cinnamon on top. Bake and serve with butter or hard sauce.

Suet Pudding

1 cup molasses
1 cup chopped suet
1 cup milk
½ tsp. soda

Rub suet into 2½ cups of flour, add 1 cup raisins and a little salt. Bake, and serve with sour sauce.

English Pudding

1 cup molasses
½ cup butter
1 cup milk
1 cup raisins
3½ cups flour
1 tsp. soda
1 tsp. all kinds of spices

Steam for 2 or 3 hours.

Sponge Pudding

1 cup molasses
½ cup butter
1 cup milk
3 cups flour
1 cup raisins
1 tsp. soda
1 tsp. cloves
1 tsp. cinnamon
1 tsp. nutmeg

Steam 2½ hours.

Rice Pudding

3 pints cold milk
4 tbsp. rice, well washed
1 cup sugar
1 small cup raisins
Salt, cinnamon, nutmeg to taste

Stir all into milk, add a small piece of butter, pour into a buttered dish, bake 3 hours in a slow oven. Stir occasionally to prevent the rice from settling.

Cottage Pudding

1 cup sugar
2½ tsp. melted butter
1 egg
1 cup milk
1 tsp. soda
2 tsp. cream tartar
2 cups flour
Flavor to taste

PUDDING SAUCES

Hot Chocolate Sauce

1 cup chocolate, grated
1 cup milk or cream
1 cup white sugar
1 cup brown sugar

Melt chocolate, add cream and when smooth and thick add sugar and cook for a minute or two. Serve hot. This may be used for vanilla ice cream.

Foam Sauce

1 cup sugar
1 egg
7 tbsp boiling milk

Stir the egg and sugar together until almost white. Just before serving stir the milk in slow. Flavor to taste. Excellent for apple pudding.

Pudding Sauce

¼ cup butter
1 cup powdered sugar

Cream the above ingredients together, add a small tablespoon of boiling water and beat it until it is foamy. Flavor with vanilla.

Cocoanut Sauce

2 tbsp. butter
1 cup sugar
1 tbsp. flour
½ cup milk
2 tbsp. cocoanut

Lemon Sauce

1 cup sugar
1 egg
Juice and rind of 1 lemon

Beat all together, and just before serving add ½ pint of boiling water; set on stove, and when at boiling point, serve. Never boil sauce after adding lemon, as it makes it bitter. Some add ⅓ of a cup of butter and a tablespoon of cornstarch.

Strawberry Sauce

½ cup butter
1½ cups sugar
1 pint strawberries, mashed until juicy

Beat the butter and sugar to a cream; then stir in the berries and the beaten white of an egg.

Vinegar Sauce

1½ cups sugar
1½ tbsp. flour, in a little water
2 tbsp. vinegar
Quarter of a grated nutmeg
A pinch of salt

Pour over this 1½ pints of boiling water, and boil 10 minutes; just before taking from stove add 1 dessert spoon of butter.

Whipped Cream Sauce

1 pint cream (thick and sweet)
Whites of 2 eggs

Whip the cream and add the beaten whites of the eggs; sweeten to taste; place pudding in center of dish, and surround with the sauce; or pile up in the center and surround with molded blancmange, or fruit puddings.

Hard Sauce

1 cup confectionery sugar
½ cup butter

Cream the above ingredients together. Flavor with vanilla. Make into shape and slice off when cold.

Orange Hard Sauce

Select a thin orange, cut the skin into six equal parts, by cutting through the skin at the stem end and passing the knife around the orange to nearly the blossom end; loosen and turn each piece down and remove the orange. Extract juice and mix it with butter and sugar till a ball can be formed, which place inside the orange peel and serve. Lemon sauce may be made in the same way.

White Sauce

1 tbsp. flour
1 tbsp. butter
1 cup milk
½ tsp. salt
Few grains pepper

Melt butter, add flour, salt and pepper, and stir until well blended; add ⅓ milk and stir until boiling point is reached, add remainder of milk and cook 2 minutes.

Brown Sauce

2 tbsp. butter
½ sliced onion
3 tbsp. flour
1 cup brown stock
¼ tsp. salt
⅛ tsp. pepper

Cook onion in butter until slightly browned, remove onion, stir butter constantly until well browned. Add flour mixed with seasoning and brown the butter and flour. Then add liquid gradually.

Spanish Sauce

4 stalks celery
5 ripe tomatoes
2 green peppers
4 slices of good-sized onion
4 drops pepper chili sauce
½ tsp. salt
¼ tsp. black pepper
1¾ cups any rich stock

Cook together 5 minutes. This is excellent over any kind of baked fish.

PASTRY

Pie Crust for One Pie

1 cup flour
1 tsp. salt
1 tbsp. lard
¼ cup cold water

To make pie crust flaky spread on a little lard on the top crust and sprinkle a little flour on it. Roll and wet with water just before putting in the oven.

Pie Crust. No. 2

½ cup lard
1 cup flour
½ tsp. salt
1 tsp. baking powder
⅓ cup cold water

Apple Lemon Pie

1 cup chopped apple
1 cup sugar
1 egg
Juice and grated rind of 1 lemon

Chocolate Pie

1 pint milk
1½ cups sugar
2 tbsp. corn starch
1 egg
Little salt
Chocolate to taste

After baking, frost with whipped cream or meringue.

Banana Pie

Line a deep pie plate with a rich pie crust and bake. When cold fill with thin slices of bananas, sprinkle with powdered sugar and cover with whipped cream.

Lemon Pie

1 cup sugar
Juice and rind of 1 lemon
¼ cup butter
2 tbsp. flour
Pinch of salt
Yolks of 2 eggs
1 cup milk

Beat the egg yolks, butter, sugar and flour together, add the lemon, then the milk and the whites of the eggs. Bake with 1 crust.

Mock Cherry Pie

1 cup cranberries
1 cup raisins
1 cup sugar
1 cup water
1 tbsp. flour stirred in dry

Stew until the cranberries crack open. Cool and flavor with vanilla. This will not keep.

Raisin Pie

1 cup chopped raisins
1 cup boiling water
1 tsp. corn starch
1 cup sugar
Pinch of salt
Vanilla to flavor

Bake with 2 crusts.

Custard Pie

4 eggs
1 pint milk
1 cup sugar
1 tsp. vanilla
Little nutmeg grated on top
Pinch of salt

Bake with 1 crust.

Hint for Berry Pies. In using canned fruit, use 1 cup sugar to a pie. Do not use all the juice in making a pie. Pour it in after the pie is baked.

Date Pie

½ lb. dates
2 eggs
⅔ cups sugar
Milk enough to make pie as for custard

Stew the dates until they can be mashed with a spoon. Sift through a colander to remove stones. Then stew all the water out and bake with 1 crust.

Cranberry Pie

1 cup cranberries cut in half, ½ cup seeded raisins, 1 cup water. Cook together 5 minutes, then mix 1 tbsp. flour or cornstarch with 1 cup sugar. Add to the other mixture ½ teaspoon vanilla.

Lemon Pie

Dissolve 1 tbsp. cornstarch in a little cold water and add 1 cup boiling water. Cook until it thickens. Beat together 1 cup sugar, 1 tbsp. butter, 1 egg, juice and grated rind of 1 lemon. Bake with 2 crusts.

Cream Pie

1 cracker rolled fine
1 egg beaten light
1 cup cream
Salt and sugar to taste

Pumpkin Pie

1 egg
1 cup sifted pumpkin
1 tbsp. flour
2 tbsp. molasses
sugar to taste
¼ tsp. ginger

Add milk enough to fill a deep plate. Sprinkle cinnamon on top of pie when ready for the oven.

Maple Sugar Pie

1 cup maple sugar scraped fine
½ cup milk
1 egg
1 tbsp. flour, heaping
1 tbsp. butter

Bake with 2 crusts.

Marlborough Pie

1 cup sifted stewed apple
1 cup sugar
1 cup milk
¼ cup butter
2 well beaten eggs
Nutmeg to taste

Bake with 1 crust.

Squash Pie

2 cups boiled sifted squash
1 tbsp. flour
2 cups sugar
3 eggs
1 qt. milk
Butter size of egg

Mix the flour with the squash. Scald the milk and dissolve the butter in it. Add cinnamon and nutmeg to taste. This recipe will make 2 pies.

Rhubarb Pie

1 egg beaten
1 cup sugar
1 tbsp. flour
1 cup rhubarb

Bake with 2 crusts.

Grape Pie

1½ cups grapes (Concord)
1 cup sugar
1 cup hot water
1/16 tsp. salt
1 tbsp. butter
1 tbsp. cornstarch

Separate skins from pulp. Cook pulp until the seeds remove easily. Then add skins and above ingredients and cook together 10 minutes. Bake with 2 crusts.

Lemon Sponge Pie

1 tbsp. flour
Butter ½ size of egg
1 cup sugar
2 eggs
1 cup milk
1 pinch salt
Juice and rind of 1 lemon

Cream butter, flour and sugar, separate eggs and add beaten yolks to above, with juice and rind of lemon and salt. Beat whites of eggs and fold into above ingredients. Bake with 1 crust in moderate oven.

FROZEN DESSERTS

Ice Cream

1 quart milk
1 pint cream
4 eggs
1 cup sugar
Flavor to taste

Freeze in a 2-quart freezer.

Cooked Ice Cream

3 pints milk
4 eggs
2½ cups sugar
1 pint cream
3 tbsp. cornstarch

Put the milk on stove and heat; wet the cornstarch and thoroughly cook in milk; beat sugar and yolks of eggs and cook in milk; when cool add cream which has been whipped, and beaten whites of eggs; flavor and freeze.

Ice Cream without Eggs

1 quart milk
1 pint cream
1 large cup sugar
1 tbsp. vanilla
3 tbsp. cornstarch

Heat the milk in a double boiler, thicken with cornstarch; after it is cooked add the sugar, after it is cold the vanilla, and just before freezing add cream.

Spanish Cream

1 envelope Knox sparkling gelatine
1 quart milk
3 eggs
8 tbsp. sugar
1 tbsp. vanilla

Soak the gelatine in milk. Put on the fire and stir until dissolved. Add the yolks of eggs and 4 tablespoonfuls of sugar well beaten. Stir until it comes to the boiling point. Remove from the stove and have whites of eggs well beaten with 4 tbsp. of sugar. Add whites, stirring briskly until thoroughly mixed Flavor and turn into mold. If desired, serve with whipped cream. This will separate and form a jelly in the bottom with a custard on the top.

Milk Sherbet

1 quart milk
1 pint sugar
Juice of 3 lemons and the grated peel of 1
Juice of 1 orange

Mix all together in the freezer and let it dissolve to a syrup. Pour in the milk without stirring and freeze.

Coffee Sponge

2 tbsp. granulated gelatine
¼ cup water
2 cups coffee (strong)
1 cup sugar

Whites of 3 eggs or 1 cup of thick whipped cream. Soak the gelatine, add hot coffee and sugar. Strain and beat until quite stiff. Add the whites beaten stiff or whipped cream. Mold.

Frozen Dessert

1 pint whipped cream
1 cup sugar
Juice of 3 oranges
Juice of 1 lemon
1 cup chopped nuts

Pack in salt and ice 4 hours.

Maple Mousse

Yolks of 4 eggs, beaten
1 cup maple syrup

Beat the yolks of the eggs and add maple syrup and boil about 3 minutes. Then add when cold 1 pint of whipped cream and lastly add the whites beaten stiff. Pack in ice and salt 3 or 4 hours before serving.

Trifle

1 cup strawberries or raspberries crushed
1 cup powdered sugar
White of 1 egg

Beat together until stiff. Put on the ice and chill. Serve with cake. Enough for four people.

Lemon Ice

4 large lemons
1 orange
1¼ pounds sugar
1 quart water

Make a syrup of the sugar and water by boiling them together for five minutes. Add the grated rind of the orange and lemons. Add the juice of the orange and lemons. When the syrup is cool, strain and freeze.

Ices—Nut Frappe

½ envelope Knox sparkling gelatine
1 pint cream
¼ cup cold water
White of an egg
½ cup sugar
1 cup chopped nuts
1 cup pineapple
Strawberries

Soak the gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream and sugar and stir in beaten whites of the egg. When cold, add the pineapple and strawberries which have been chopped in small pieces; also, the chopped nuts. Serve ice cold in sherbet dishes.

Frozen Coffee

1 cup coffee
⅔ cup sugar
1 tsp. vanilla
1 pint cream

Beat the yolks of 2 eggs and add to coffee while warm. Cool and then add sugar and vanilla. Add cream beaten stiff. Put in freezer and pack in salt and ice and let it stand 4 hours.

Lemon Sherbet

Juice of 5 lemons
3 cups sugar
2½ quarts milk

Get the freezer all ready with salt and ice, then turn the milk into the can, then the syrup, which has stood until the sugar has dissolved. Use one-half the quantity for a small family.

Ames Hill Ice Cream

1 small quart milk
1 pint cream
1 cup sugar

½ pound candied fruit cut in small pieces and soaked in the milk, 1 wineglass sherry or brandy, 2 teaspoons of vanilla.

Banana Snow

Cut in small pieces 3 bananas, sprinkle with 1 teaspoon lemon juice and ½ cup of sugar. Mash all together and add stiffly beaten whites of 2 eggs and 1 cup cream beaten stiff. Beat all until light and foamy. Pile in sherbet glasses and serve very cold.

Cafe Frappe

1 pint coffee
1 pint whipped cream
1½ cups sugar
2 tbsp. gelatine

Soak the gelatine 2 hours in a little water. Pour hot coffee on gelatine, add the sugar, let it cool after mixing well, then add the cream. Freeze about 15 minutes.

Frozen Strawberries

2 quarts strawberries well mashed
3 cups sugar
1 pint cold water

Let stand one-half hour, stirring occasionally; then put in freezer and when mostly frozen add one pint of whipped cream; finish freezing. All kinds of berries can be used this way.

Marshmallow Pudding

1 heaping tbsp. powdered gelatine
2 tbsp. cold water
1 cup granulated sugar
Whites of 3 eggs
1 tsp. vanilla

Dissolve gelatine in the cold water, and fill cup with boiling water; thoroughly dissolve. Into sugar break the whites of eggs and over this pour gelatine. Add vanilla and beat constantly for 20 minutes. Serve with whipped cream in sherbet glasses, with cherry in center of top.

BEVERAGES

Value of Tea

While not nutritious, tea is a useful food adjunct, because it prevents tissue from wearing out.

1. Buy good tea; cheap tea is likely to be adulterated with used tea leaves and leaves of other plants. 2. Keep it in a closely covered glass jar or tin canister; if exposed to the air it loses flavor. 3. Use a china, or silver, or earthen teapot; never a tin one. 4. Have the water freshly drawn, and bring it quickly to the boiling point; water deprived of its air by standing or by boiling gives tea a flat taste. 5. Steep it not over five minutes; *Never let it boil.*

Directions for Making Tea

Allow from 1 to 3 teaspoons of tea to 2 cups of water, using less of close-rolled than of coarse, loose teas. When the water boils, scald the pot, put in the tea, and pour in the boiling water, and let it stand covered from 3 to 5 minutes on the side of the stove or under a cosy on the table.

Iced Tea, made weak, is a wholesome summer drink. Serve it strained, with lemon and powdered sugar.

French Tea

Add ¼ teaspoon of brandy to each cup of tea and serve with lemon.

Russian Tea

To 1 quart of cold tea add the juice of 2 large lemons; pour in glasses supplied with cracked ice and sugar to taste. This is a very cooling drink for hot weather, and satisfies the thirst as few beverages do.

Value of Coffee

Coffee, like tea, contains tannin and theine (generally called caffeine in coffee); it acts, therefore, much as tea does upon the body, and requires similar preparation. The difference in flavor and odor between coffee and tea is caused by a difference in the aromatic oils they contain. Moderately strong coffee in moderate quantities seems to be not harmful to grown persons in good health, but it is unsuitable for boys and girls for the same reasons that tea is.

1. Buy freshly roasted, unground coffee, and grind it at home as needed; or buy it freshly ground every two or three days. 2. Keep it in an airtight can or jar. 3. Use an enameled or earthen

coffeepot that is scoured clean, not omitting the spout, after each using. 4. Either filter the coffee, or boil it not longer than three minutes. 5. Have coffee powdered for filtering, finely ground for boiling. Serve with hot, but not scalded, milk.

Directions for Making Coffee

Use 2 heaping tablespoons of coffee to 1 pint of boiling water. Put the coffee into the pot, pour on the water, and let it come again to the boiling point. Set it away from the heat, and stir in 2 tablespoons of slightly beaten egg. Let it boil for 1 minute to clear it; then keep it hot, where it will not boil, for 5 minutes before serving.

Filtered Coffee

Use a French coffee-pot. Put 2 heaping tablespoons of powdered coffee into the bag. Pour over it 1 pint of boiling water. Cover the pot and let it stand in hot water till the water poured in has filtered through. Pour it out, and turn it through the filter again. This makes black coffee, suitable for serving in small cups after dinner. Make breakfast coffee less strong.

Value of Cocoa

Linnæus, the great botanist, named cocoa theobroma, "food of the Gods." Roasted cocoa contains about 50 per cent of fat, 15 to 16 per cent of nitrogenous compounds, and 10 to 13 per cent of starch. For children and young people, it is the best of hot drinks.

Breakfast Cocoa

1 pint scalded milk	2 tbsp. prepared cocoa
2 to 4 tbsp. sugar	1 pint boiling water

Mix the cocoa and sugar in a saucepan; stir in the water gradually, and boil 5 minutes; add the milk and cook for 5 minutes longer, or until smooth and free from any raw taste. Beat well to prevent albuminous skin from forming.

Chocolate

2 squares chocolate	1 cup boiling water
4 tbsp. sugar	3 sups scalded milk

Put the chocolate cut in bits into a saucepan set into hot water; when melted, add the sugar and water, stirring till smooth. Pour into this part of the milk, then pour the chocolate back into the rest of the milk, and stir until it comes to the boiling point. Beat till frothy with an egg-whisk.

For luncheon or for afternoon tea, serve in tall cups with a spoonful of whipped cream on the top of each cup.

Lemonade

1 pint sugar
1 quart water

Boil and skim. Add the juice of 1 dozen lemons. This is for 1 gallon of water. Put in a jar and it is ready for use whenever you wish.

Egg Lemonade

2 large lemons
1 egg
1 pint boiling water

Remove the juice from the lemons, and mix with 3 tablespoons of sugar; pour on a pint of boiling water. Stir in the egg well beaten and serve.

Orangeade

4 oranges
1 lemon
5 tbsp. sugar
1 pint boiling water

To the juice of the oranges and the lemon add the sugar and pour on the boiling water. Serve while hot.

Grandmother's Wine

Take some fine raspberries, bruise them with the back of a spoon then strain through a flannel bag into a stone jar; to each quart of juice put a pound of double-refined sugar, stir well together and cover it close; let it stand 3 days, then pour it off clear; to 1 quart of juice put 2 quarts of white wine and bottle it. It will be fit to drink in a week.

Grandfather's Nightcap

Yolk of 1 egg
1 tsp. allspice
1 gill rum
1 tsp. sugar
1 cup boiling water

Beat the yolk of the egg with the allspice and rum; melt the sugar in the boiling water. Whisk this well and stir; strain into a hot glass, placing the beaten white on top; dust with nutmeg.

Wedding Punch

Yellow rind of 2 oranges
3 lemons
2 pounds sugar

Grate the rind of the oranges and lemons into a quart of water. Add the sugar and stir until sugar is dissolved and boil 10 minutes. Strain. Return to the fire and add a tumbler each of blackberry, currant and raspberry jelly. Strain again and when cold add 1 pint of grated pineapple, 1 pint of grape juice. Cover and set aside over night. At serving time add juice of 6 oranges and 1½ dozen

lemons, and 1 quart of cherries or strawberries. To 1 pint of this mixture add 3 pints of water or 1 pint of ginger ale and 2 pints of water. Pour over ice.

Osgood's Punch

Juice of 6 oranges
Juice of 6 lemons
1 pint can cherries
1 pint can pineapple
1 quart apollinaris water

Sweeten to taste. A pint of raspberries improves it.

Ambrosia

1 pineapple
1 shredded grape fruit
1 quart strawberries (or any fruit in season)
4 oranges

Remove the pulp of the oranges with an orange spoon. Pare and shred thin 2 lemons. Sugar each kind of fruit as prepared. Mix fruit in a large bowl and let it stand for several hours, then add 3 quarts of water and more sugar if desired.

Dandelion Wine

Pour a gallon of boiling water over 3 quarts of dandelion flowers. Let stand 24 hours. Strain and add 5 pounds of light brown sugar, juice and rind of 2 lemons, juice and rind of 2 oranges. Let boil 10 minutes and strain. When cold, add half a cake of compressed yeast. Put in crock and let stand until it commences to work. Then bottle and put corks in loose to let it work. After it stops working, cork tight.

Root Beer

1 cake compressed yeast
1 bottle root beer extract
5 gallons fresh water, not too cold
4 pounds granulated sugar

In extremely hot weather use one-half cake of yeast. Dissolve the sugar in the water, add the extract, then the yeast thoroughly dissolved in a little water, mix well and bottle immediately, using strong bottles or jugs, and tie the corks in securely. Set in a warm place 36 to 48 hours; in cold weather, a little longer. Remove to cellar or other place of even temperature, but do not put it on ice until a few hours before using.

Cocoa from Shells

1 cup cocoa shells
1 quart boiling water
½ tsp. salt

Cook ingredients together 1 to 1½ hours, adding more water as it evaporates. Serve with an equal volume of hot milk, and sugar to taste.

CAKES

"With weights and measures just and true,
With stoves of even heat;
Well buttered tins, and quiet nerves,
Success will be complete."

Cake is rich bread, some cakes being richer than others, that is, having more butter, sugar, and eggs, in proportion to the flour. All cakes belong to one of two classes, butter cakes and sponge cakes. Several kinds of cake can easily be made from one recipe, by varying the flavorings, spices, and fruits, by baking the mixture in pans of different shapes, by frosting the cake, or by leaving it plain. In mixing butter cakes, cream the butter and sugar thoroughly; unless they become partially liquefied before the other ingredients are added, the cake will be coarse grained, perhaps heavy. Add the yolks of the eggs, beaten slightly, then a little of the milk, then part of the flour with the other dry ingredients sifted with it, a little more milk, and so on until all the flour and milk is stirred in, taking care to keep the mixture the same degree of stiffness. Fold in the whites beaten very stiff. Add the flavoring and beat the mixture well. If fruit is to be added, fold it in, well floured, last of all.

In mixing sponge cakes, beat the yolks till thick and lemon colored. Beat the sugar into them, add the flavoring (and other liquid if the recipe calls for any). Beat the whites till stiff and dry; slip them into the mixing bowl; sift the flour over them and fold all together. Sponge cake beaten after the flour is added will be close and tough.

In mixing molasses cakes, mix milk and molasses and stir them into the flour. Add soda last, sifted with a little flour reserved for this purpose. Fruit must be well floured and added last or it will sink to the bottom of the loaf.

The oven should be less hot for cake than for bread. When a cake is done, it shrinks from the pan and a small tooth pick run in it comes out clean. Take it at once from the pan and set it on a clean towel or sieve to cool.

Use only the best materials in making cake. Otherwise the cake will not pay for the trouble of making it. See that the fire is arranged so that the oven will be hot by the time the cake is mixed. Cake containing molasses burns easily. Bake such cakes

and any thick loaves requiring long baking in tins lined with greased paper. If the cake browns in 15 minutes, the heat is too great. Reduce it or make a tent of brown paper over the pan. A pan of water put in the oven will reduce the heat.

Standard Cake

¼ cup butter
¾ cup sugar
2 eggs, yolks and whites separately
½ cup milk
1½ tsp. baking powder
1½ cups flour
½ tsp. vanilla

Mix according to rule for butter cakes.

Spice Cake

1 scant cup butter
1 cup brown sugar
¼ cup molasses
¼ tsp. baking powder
1 tsp. cinnamon
½ tsp. allspice
½ tsp. clove
½ tsp. nutmeg
3 eggs, yolks and whites beaten separately
¾ cup water
3 cups flour
½ cup raisins
¼ cup currants
¼ cup citron

Mix according to the directions for butter cake, adding the molasses to the butter and sugar. Remember to add the soda last.

Gold Cake

½ scant cup butter
1¼ cups sugar
Yolks of 4 eggs
½ cup milk
2 tsp. baking powder
2 cups flour
¼ tsp. grated nutmeg

Make gold and silver cake at the same time, to use both parts of the eggs.

Silver Cake

½ cup butter, scant
1¼ cups sugar
Whites of 4 eggs
½ cup milk
2 tsp. baking powder
2 cups flour
½ tsp. almond extract

Mix according to rule for butter cake.

Sponge Cake

1¼ cups sugar, powdered or granulated, 5 eggs, yolks and whites beaten separately, 1¼ cups flour, juice and grated rind of ½ lemon, ¼ tsp. salt. Mix according to rule for sponge cakes.

Sponge Cake

1½ cups sugar
3 eggs, yolks and whites separate
½ cup water
2 tsp. baking powder
1¾ cups flour
¼ tsp. salt
½ tsp. lemon extract

Apple Sauce Cake

Cream 1 cup sugar and ½ cup butter, and add 1 cup of floured raisins, pinch each of salt, cloves, nutmeg, and cinnamon. Dissolve 1 teaspoon soda in a bit of warm water and stir it into a cup of sour apple sauce letting it foam over the ingredients in the bowl. Beat all thoroughly and add 1¾ cups of pastry flour. Bake 45 minutes.

Fruit Cake

6 eggs
1 coffee cup butter
2 cups sugar
2 lbs. raisins
1 ounce citron
1 cup molasses
½ tsp. soda
2 tsp. allspice
2 lbs. currants
5 cups flour

Bake 2 hours in a slow oven.

Fudge Cake

2 squares chocolate
½ cup milk
1 egg yolk
1 scant tsp. soda
1 cup sugar
1 tbsp. butter
½ cup milk
1 tsp. vanilla
1½ cups flour

Cook the chocolate, the milk and the egg yolk until thick; cool and add the sugar and the butter creamed, then the other ingredients.

Layer Cake

1 egg
1 cup sugar
1 cup milk
2 cups flour
3 tbsp. melted butter
2 tsp. cream tartar
1 tsp. soda

Filling. Use 1 egg, 1 cup water, grated rind and juice of 1 lemon; pour this slowly on 1 cup sugar mixed with 2 tbsp. flour; cook in a double boiler until smooth like cream.

Devil Cake

2 cups brown sugar
½ cup butter
½ cup sweet milk
½ cup sour milk
2 squares chocolate
1 tsp. soda
1½ cups flour
3 eggs or 6 egg yolks

Boil sweet milk and chocolate until smooth; add to the sugar and butter; flavor to taste.

Small Angel Cake

Whites of 4 eggs beaten stiff
1 cup granulated sugar
⅓ cup bread flour
¼ tsp. cream tartar

Sift flour and sugar together 4 or 5 times and fold lightly into the beaten egg whites. Bake in a moderate oven about 20 minutes.

Spanish Cake

½ cup butter
1¾ cups flour
1 cup sugar
3 tsp. baking powder
Yolks of 2 eggs
1 tsp. cinnamon
½ cup milk
Whites of 2 eggs beaten

Bake in a shallow tin and spread with a caramel frosting.

Date Cake

1 cup sugar
½ cup butter
½ cup milk
2 eggs yolks and whites separate
1¼ cups flour
1 tsp. baking powder
½ lb. dates stoned and chopped

Cream Cake

Break 2 eggs in a cup and fill the cup with thick sour cream. Add 1 cup sugar, 1½ cups flour, 1 tsp. salt, and 1 tsp. soda dissolved in 1 tbsp. hot water. Flavor with nutmeg or vanilla and for variety, add ½ cup chopped walnuts.

Scripture Cake

4 cups I Kings 4:22, 1 cup Judges 5:25 (last clause), 2 cups Jeremiah 6:20 (sugar), 2 cups I Sam. 30:12 (raisins), 2 cups Nahum 3:12, 1 tbsp. Numbers 17, 1 large tbsp. I Sam. 14:25, season to taste of II Chron. 9:9, 6 of Jeremiah 17:11, Pinch Lev. 2:13, ½ cup Gen. 24:20, 2 tsp. Amos 4:5 (baking powder), Follow Solomon's advice for making good boys and you will have a good cake. Prov. 23:14.

Marble Cake

2 eggs
1 cup sour cream
1 cup white sugar
½ tsp. salt
1 tsp. soda dissolved in water
2 cups flour

Take ⅓ of the mixture and add 2 tbsp. molasses, ½ teaspoon cloves, cinnamon and nutmeg; add a pinch of soda and a rounding spoonful of flour.

War Cake

1 cup cold water
⅔ cup raisins
1 cup brown sugar
½ tsp. salt
½ tsp. ground cloves
½ tsp. cinnamon

Boil above 5 minutes, let cool, then add 1½ cups flour, 1 teaspoon soda, walnuts, if desired. Beat well, and bake in slow oven ¾ hour.

Chocolate Marble Cake

1 cup sugar
1 egg
2 tbsp. melted butter
½ cup sweet milk
1 tsp. cream tartar
½ tsp. soda
1½ cups flour

Add 2 teaspoons of chocolate or cocoa to one-third of the mixture and flavor to taste.

Raised Cake

1 large cup of soft bread dough, 1 cup sugar, ½ cup of butter creamed. Add to the bread dough a little cinnamon and nutmeg and knead thoroughly. Add ½ cup milk, 2 tsp. cream tartar, 1 tsp. soda, 1 cup raisins, and flour to make a soft dough but not stiff. Lastly add 1 egg. Bake in a slow oven immediately.

Layer Cake

2 eggs
1½ cups sugar
½ cup butter
1 cup milk
2 tsp. baking powder
2½ cups flour
1 tsp. flavoring

Cream sugar and butter, add eggs, beaten, then flour and baking powder mixed. Bake in moderate oven.

Molasses Pound Cake

1 cup molasses
1 cup sugar
1½ cups milk
1 cup butter
3 eggs
4 cups flour
2 tsp. soda
1 tsp. cinnamon
2 tsp. ginger
1 tsp. cloves or allspice
Raisins if desired
½ tsp. salt

Cream butter and sugar, add eggs, milk and other ingredients. Bake in slow oven.

Lightning Cake

1½ cups flour
1 tsp. baking powder
1 cup granulated sugar
¼ tsp. salt
1 egg
1 cup milk
1 tsp. vanilla
Butter size of walnut

Sift together flour, baking powder, sugar and salt. Melt butter in cup, break in egg and fill cup with milk. Mix this into dry ingredients. Bake in quick oven.

COOKIES, DOUGHNUTS AND GINGERBREAD

Brownies

⅓ cup butter
⅓ cup powdered sugar
⅓ cup Porto Rico molasses
1 egg well beaten
⅞ cup bread flour
1 cup pecans chopped

Mix the ingredients in the order given. Bake in small, shallow, fancy cake tins using a teaspoon, or less, of batter to each cake.

Brownies

¼ cup butter
1 cup sugar
2 eggs well beaten
¾ cup flour
Salt to taste
1 tsp. vanilla
2 squares melted chocolate
1 cup chopped walnuts

Drop by teaspoons on a buttered tin. Bake 10 or 15 minutes.

Filled Cookies

1 cup sugar
½ cup shortening
1 egg
½ cup milk
3½ cups flour
2 tsp. cream tartar
1 tsp. soda

Roll thin. Place cookies in a pan, put 1 teaspoon of filling on each and place another cooky on top.

Filling.

1 cup raisins
½ cup sugar
½ cup water
1 tsp. flour
Juice of 1 lemon

Cook in a double boiler until thick.

Mother's Cookies

1 cup thick sour cream
1 cup sugar
1 tsp. vanilla
Flour to roll
1 egg
1 tsp. soda dissolved in as little milk as possible

Handle as soft as possible, sprinkle with sugar and bake in a quick oven.

Molasses Drop Cookies

1 cup sugar
1 cup molasses
½ cup butter and lard mixed
1 egg
1 cup hot water
1 tsp. soda
1 tsp. cinnamon
5 cups flour

Drop on buttered tin and bake quickly. Place 1 raisin on each cooky before baking.

Cream Cookies

1 cup sour cream
1 cup sugar
1 egg
1 tsp. soda
Taste of nutmeg
Little salt

Dissolve the soda in the cream, add sugar and egg and use only flour enough so that the dough can be dropped from the spoon.

Vanilla Wafers

1 cup sugar
1 egg
1 tsp. soda
1 tsp. vanilla
⅔ cup butter, scant
4 tbsp. milk
2 tsp. cream tartar
Flour to stiffen

Roll very thin (about ¼ inch thick). Bake in a hot oven not more than 5 minutes.

Oatmeal Cookies

1 cup sugar
¾ cup lard and butter mixed
2 eggs
6 tbsp. milk
Little salt
1 cup chopped raisins
2 cups oatmeal, dry
2 cups flour, scant
1 tsp. cinnamon
¾ tsp. soda

Drop in teaspoonfuls on buttered tins.

Doughnuts. No. 1.

1 egg
⅔ cup sugar
1 cup sweet milk
Pinch of salt
Little ginger
Little nutmeg
2 tsp. cream tartar
1 tsp. soda

Add bread flour enough to roll out.

Doughnuts. No. 2

1 egg
½ cup sugar
1 cup sour milk
2 tbsp. shortening
½ tsp. soda
Salt and a little nutmeg

Add flour enough to roll soft. After frying dip each one quickly in a basin of hot water.

Crullers. No. 1

2 eggs
2 tbsp. sugar
1 tbsp. butter
Pinch of salt
Flour to make stiff

Roll to about ½ inch thick. Cut in strips eight or ten inches long and one-half inch wide. Hold one end of strip firmly and roll the other end to make a twist; wind over the fingers into a lover's knot. Fry like doughnuts.

Crullers. No. 2.

1 coffee cup sugar
2 eggs
½ coffee cup milk
3 tsp. lard
1 tsp. cream tartar
½ tsp. soda

Add flour enough to roll out and fry in hot lard.

Raised Doughnuts

1 pint milk
1 tbsp. melted butter
Pinch of salt
½ yeast cake
Flour to make a soft batter

Mix as for biscuit without kneading and let rise over night. In the morning add 2 eggs well beaten, 1 cup sugar and a little nutmeg. Mold, roll out, let rise, and when light, fry in hot lard.

Soft Gingerbread

1 egg
½ cup sugar
½ cup molasses
½ cup boiling water
½ tsp. soda
½ tsp. cinnamon
½ tsp. ginger
3 tbsp. melted shortening
1½ cups of flour

Sour Milk Gingerbread

1 cup molasses
1 cup sour milk
2⅔ cups flour
1¾ tsp. soda
½ tsp. salt
2 tsp. ginger
¼ cup melted butter

Cheese Gingerbread

1 cup molasses
¼ lb. soft cheese
1 tsp. soda
1 egg
½ cup milk or water
2 cups flour
2 tsp. ginger
½ tsp. salt

Rub cheese and flour together, add soda, ginger and salt, then milk and molasses. Beat until smooth, add well-beaten egg.

Nut Drop Cakes

2½ cups flour
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
⅔ cup each raisins and walnuts
1 tsp. cloves
1 cup sugar
2 cups sour milk
2 tbsp. butter (melted)
¼ cup molasses

Mix and sift dry ingredients, add milk, butter and molasses, lastly raisins and nuts. Drop in small spoonfuls on buttered tins and bake.

ICINGS AND FILLINGS

Boiled Icing

1 cup sugar and 2 tablespoons cold water boiled until it strings. Add the white of one egg well beaten to the hot syrup and beat until thick. Flavor with vanilla.

Caramel Frosting

Boil ⅔ cup of sugar, ⅓ cup milk and a small piece of butter until it will hair from the spoon. Stir until right consistency. Flavor with vanilla and spread.

Maple Sugar Frosting

½ cup maple sugar
½ cup granulated sugar
4 tbsp. milk

Boil until it will harden in water.

Maple Sugar Frosting

Boil 1 cup of maple syrup and ½ cup grated maple sugar until it will hair. Cool and add the beaten whites of 2 eggs.

Mocha Icing

Cream 1 cup powdered sugar, ½ cup butter, and add 1 tsp. vanilla and 2 tsp. cocoa. Add 2 tsp. hot coffee (a little at a time) and beat until creamy.

Chocolate Filling

2 heaping tablespoons cocoa, ½ cup powdered sugar (or more if liked) 1 cup cold water, and 1 heaping tablespoon cornstarch dissolved in ½ cup cold water, a small piece of butter. Cook in a double boiler uutil thick and flavor with vanilla.

Raisin Filling

½ cup chopped raisins
1 cup sugar
5 tbsp. sweet milk

Boil sugar and milk together for 5 minutes and then add raisins.

Custard Filling

Heat 1 cup of milk in a double boiler and stir into it 1 beaten egg, ½ cup sugar, 1 tbsp. butter and 1 tbsp. cornstarch. Cook until thick like custard. Remove from fire and flavor with lemon extract.

Tutti-Frutti Frosting

¼ cup figs
¼ cup walnuts
¼ cup cocoanut
¼ cup raisins

Chop figs, walnuts, and raisins; make a boiled frosting and add the ingredients.

Marshmallow Paste

¾ cup sugar
¼ cup milk
¼ lb. marshmallows
2 tbsp. hot water
½ tsp. vanilla

Boil the sugar and milk together six minutes. Melt the marshmallows and add the water. Combine the two mixtures, add the vanilla and beat until stiff enough to spread.

Chocolate Frosting

¾ cup sugar
2 squares chocolate
3 tbsp. milk
1 egg yolk

Melt the chocolate, add sugar and milk and cook in a double boiler until smooth. Add the egg yolk and cook one minute. Spread on the cake.

Quick White Frosting

Place the white of one egg in a bowl and add enough powdered sugar to make a smooth paste. Beat all up together and flavor with vanilla.

Quick Chocolate Icing

Wet enough powdered sugar with a little milk and stir until it is a smooth paste. Add a little cocoa and beat all together well. When of the right consistency, spread on the cake.

Peanut Filling

1 qt. peanuts chopped fine
2 cups powdered sugar
1 tbsp. vinegar
¼ cup milk
Pinch of salt

Mix sugar and milk. Add vinegar, salt and peanuts.

Cream Filling

1 pt. milk
2 tsp. cornstarch
1 egg
½ cup sugar
⅛ tsp. salt
1 tsp. vanilla

Boil the milk, add the other ingredients, mixed with a little milk. When cooked, add piece of butter size of an egg.

Chocolate Filling

⅛ cake chocolate
½ cup sugar
1 cup milk
3 tsp. cornstarch

Shave off chocolate. Add just enough hot water to dissolve it. Then add sugar and cornstarch to thicken it.

CHAFING DISHES

Welsh Rarebit

½ lb. cheese
2 eggs
One speck of cayenne
1 tbsp. butter
1 tsp. mustard
½ tsp. salt
½ cup sweet cream

Break the cheese in small pieces, put in with the other ingredients in a bright saucepan and set over boiling water. Stir until the cheese melts, then spread the mixture on slices of crisp toast; serve immediately.

Oyster Rarebit

1 lb. cheese, chopped fine
1 egg yolk
1 tbsp. butter
1 cup cream
1 tsp. dry mustard
Pinch of salt, dash of red, two of black pepper

Put the butter into the chafing dish, also the cheese; let it simmer. After it is melted gradually add the following: to the yolk of egg broken into the cup add the mustard, red and black pepper, pour into cheese, stir constantly. Heat again and serve on toast or soda crackers.

Dropped Eggs in Cream

½ cup sweet cream
6 eggs

Heat the cream and break the eggs into the cream one by one. Sprinkle each egg with salt and pepper. Cook slowly ten minutes and serve on toast. Delicious for either breakfast or tea dish.

Chicken Wiggle

5 level tbsp. butter
3 level tbsp. flour
1½ cups milk
1 cup chicken cut in pieces
1 cup canned peas
Salt and pepper

Serve on crackers or nicely toasted bread.

Ham Rechauffee

Put in chafing dish 1 tumbler currant jelly. When warm add 1 coffee cup of boiled ham cut in squares; when thoroughly heated serve on toast.

English Monkey

1 cup stale bread crumbs
1 cup milk
1 tbsp. butter
½ cup mild cheese

Soak the bread crumbs in the milk for about 15 minutes. Melt the butter and add the ½ cup of cheese cut in small pieces: when

cheese is melted add the soaked bread crumbs, 1 egg slightly beaten, ½ teaspoon salt and a few grains of cayenne. Cook until smooth and thickened and serve poured over toasted crackers.

Italian Monkey

1 pint milk
1 tbsp. flour

Thicken the milk with the flour; add slowly 2 ounces of cheese cut fine, 1 ounce of butter, 1 teaspoon salt and 1 egg well beaten and mixed with 2 tablespoons of cold water or milk. Simmer 5 minutes and serve hot. Should be eaten with dry toast.

Cheese Rarebit

1 tbsp. flour
1 tbsp. butter
¼ tsp. mustard
¼ tsp. salt
1 cup milk
½ lb. cheese

Rub flour and melted butter together with seasonings. Then pour over it hot milk, stirring vigorously until thickened. Cut cheese into it. When melted pour over bread or crackers toasted on one side, the mixture being poured on the untoasted side. Cost, 16 cents; food value equals ¾ pound beef.

Salmon Wiggle

2 tbsp. butter
2 tbsp. flour
⅛ tsp. salt
Pinch of paprika
1½ cups milk
¾ cup cream
1 can salmon
1 can peas

Melt butter, then slowly add flour until creamy, stir constantly to avoid getting lumpy. Then add milk and cream, and stir until this becomes thick like cream. Add salmon cut fine and last the peas. Then pinch of salt and paprika. Serve on saltines or toast.

Cheese Rice Fondu

1 cup boiled rice
2 tbsp. milk
4 eggs
1 cup grated cheese
½ tsp. salt
1 tsp. meat flavoring

Heat rice in milk, add other ingredients and cook slowly until cheese is melted. Serve on crackers or toast.

CANNING

We do well to take a lesson from the bees, and in the long summer days to store up food for the winter. If we can kill the bacteria in food, and then seal it up so that no more can get in, it will keep indefinitely. This we do in canning.

Canning

Can each fruit in its season, when it is best and cheapest. Select it under-ripe rather than over-ripe. To insure success in preserving it observe carefully the following directions.

Preparing the Jars

For a small family use the pint jars. Buy jars with tight-fitting covers, and fit them each year with new rubber rings. Old rubber becomes porous, and lets in the air. Fit each jar with a ring and a cover; pour water into them, and invert them to see if they are airtight. If not, do not use them. Sterilize jars and covers by placing them in a dishpan of cold water and letting this slowly come to the boiling point, and boil fifteen minutes.

Preparing for Cooking Fruit

Strawberries. Wash and hull the berries; weigh them, and add one-third of a pound of sugar for every pound of fruit. Let them stand for 45 minutes or longer. Cook the berries slowly until the juice is thick and syrupy, and the berries soft. Remove the scum as it rises.

Peaches. Pare the peaches, dropping them into cold water. Make a syrup, allowing 1 cup of water and 1 pound of sugar to 3 pounds of peaches; boil it 15 minutes. Cut peaches in two, stone them, and put peaches and stones into the syrup. The flavor of peaches is improved by cooking the stones with them. Cook the fruit until, when tried with a knitting needle, it is found to be soft.

Pears, Cherries, Apples and *Plums* may be canned like peaches.

Directions for filling jars

Remove the jars from the boiling water, and stand them on a cloth wet in boiling water. Place a silver spoon in the jar to be filled first. Silver, being a good conductor of heat, absorbs heat from the fruit, thus further lessening the risk of the jar's breaking. Dip a rubber ring into the boiling water (to sterilize it), and place it on the jar. Dip a silver spoon into boiling water, and with it filled the jar with fruit; then fill the jar to overflowing with syrup. With the handle of the spoon press the fruit away from the side of the jar, that any air-bubbles between may escape. Put

on the cover, and screw it tight. Turn the jar upside down; if syrup oozes out, remove cover and rubber, put on another rubber, refill with boiling syrup, and again screw down the cover. The jars must be sealed airtight.

Spiced Currants with Raisins

3 lbs. sugar
1 pint vinegar
5 lbs. currants
1 lb. seeded raisins

Make a syrup of the sugar and vinegar and skim. Boil ½ hour and add 1 tablespoon cinnamon and ½ tablespoon each of cloves, allspice and nutmeg.

Tomato Butter

7 lbs. ripe tomatoes
3 lbs. sugar
1 pint cider vinegar
1 oz. ground cinnamon
½ oz. ground cloves

Boil 3 hours, or until rich and thick. It should keep without sealing.

For Canning Blackberries, Blueberries, Red Raspberries, and Strawberries.

Prepare the jars the same as for other preserves. Pick over the fruit very carefully. Fill each can with the fruit; add one cup of sugar to each can. Be sure that the sugar is dissolved in hot water or it will settle in the bottom of the jar. Fill each can with water, placing the cover on and seal without rubber. Put little blocks of wood in the bottom of the boiler setting the jars on them. Let them boil for about ½ hour. After they have boiled remove covers, put on the rubbers and seal tight.

Peaches may be canned in this way also. Tomatoes may be canned in this way without any sugar.

For Canning Cranberries

Pick the berries over very carefully and see that the jars are clean. Fill the jars with berries and fill with cold water. After this is done set the jars away.

Rhubarb may be canned in the same way.

Canning Tomatoes

Select small, round, smooth tomatoes: scald and peel them. Pack them in sterilized jars and fill the jars with boiling water. Sterilize the covers and put them on without screwing down. Set the jars on small blocks of wood in a kettle of cold water, and let the water heat slowly for 15 minutes. Remove the covers, fill the jars to overflowing with boiling water, put on the rubber rings, and screw the covers down.

Canned Beets

To 1 quart of vinegar use 1 cup of sugar. Fill can with hot sliced beets and cover with the hot vinegar and seal. If the vinegar is too strong use a little water.

Canned Sweet Corn

Take 9 cups of sweet corn cut from the cobs, ½ cup sugar, ½ cup salt, 1 pint of water. Boil hard for 5 minutes. Put up in air-tight cans. The corn should soak before using or rinse 2 or 3 times while cooking.

To Prepare Pineapple

Pare and slice lengthwise. Cover parings and cores with hot water, cook slowly 1 hour. Add 1 cup of sugar to each piece. Strain juice and let boil, then pour over pineapple. Set away to cool. This improves by standing a day.

Spiced Rhubarb

3 lbs. rhubarb
2 lbs. sugar
1 cup vinegar
1 tbsp. ground cloves
1 tbsp. cinnamon

Cut the rhubarb in inch pieces, mix other ingredients with it and bring slowly to a boil. Boil fast for 30 minutes, pour into jelly glasses.

Grape Conserve

5 lbs. grapes
5 lbs. sugar
1 lb. seeded raisins
½ lb. walnut meats
2 oranges
1 lemon
Grated rind and juice

Pulp grapes, cook pulp to remove seeds, then strain. Add skins and cook 15 minutes. To this add sugar, oranges, lemon and raisins. Boil 1 hour. Add chopped nuts ½ hour before it is done. Put the raisins and oranges through the food chopper.

Canning Fruit without Sugar

Rhubarb and gooseberries may be canned without cooking because they are so acid.

Rhubarb. Wash and peel the rhubarb if tough (if tender, do not remove the skins), and cut into inch-length pieces. Pack the sterilized and cooled jars full of the fruit and place each under the cold water spigot. Let the water run into the jars with as much force as possible for 10 to 15 minutes to expel the air, then cover and fasten as tightly as possible. Be sure that the jar is filled to the very brim with water to drive out all air bubbles. Let the jars stand for a few hours, then tighten again, and put away in the preserve closets.

Gooseberries should be topped and tailed before canning, but are canned in exactly the same way as rhubarb.

Cranberries, which are so plentiful in the late fall and winter, may be kept in the same way as rhubarb and gooseberries.

Reviving an Ancient Custom—Drying Vegetables and Fruits

In the days of our foremothers, the drying of vegetables and fruits was a much more common process than canning and preserving, and in these times, when every possible means of conservation of food is being urged, it is well for housewives to understand the method of drying.

Vegetables lend themselves especially well to drying because of the small percentage of moisture. By the removing of this small amount of water, vegetables may be kept almost indefinitely.

Drying vegetables require air. If not dried in a current of air, at least give them as much as possible during the process. Place the vegetables on small meshed wire trays, or in large shallow tin pans. Place trays in a cold oven. When the thermometer registers 120 degrees F., open the door half an inch, and keep the oven at not more than 125 degrees for two hours. Then raise it gradually to 140 degrees, and finish drying. Turn the vegetables once or twice during the drying process. Peas will be dry enough in about seven hours. It is far better to accomplish the work slowly and gradually than to attempt to hurry it. Small vegetables like peas and lima beans will dry more quickly than potatoes and carrots. The latter should be sliced before drying. Apples and peaches, also sweet potatoes, are excellent when sliced and dried.

When finished place the vegetables in airtight receptacles and keep in a dry place.

Quinces

Wash and wipe the quinces, pare and core, saving the peel. Then cut into quarters. Drop each piece into cold water to prevent discoloration. When all are ready, place them in a preserving kettle and cover with cold water. Simmer very gently till tender. Lift from the water with a skimmer, and add the parings to the water. Cook them for half an hour, keeping them closely covered. Then strain and measure the liquid. Allow a pound of sugar to a pint and cook 10 minutes, skimming often. Add the quinces and simmer them until they are clear and tender and a rich red. By keeping the kettle covered the quinces will be a much brighter color. When clear and transparent, lift carefully from the syrup and place in jars. Boil the syrup a few moments longer and pour over the fruit.

Canning Corn on the Cob

Pack corn on cob in two-quart jars and fill with cold water, shaking until no bubbles rise, add 1 teaspoon salt, fill the jars to running over with cold water, put on rubber and cover but do not screw tight. Set the jars on a rack in a boiler of cold water and boil five hours, adding more water as it boils away. Seal tight, and set away in cool dry place.

String beans, whole, may be canned the same way. Choose small tender ones.

Canned Asparagus

Wash it well, scrape stocks, and cut off tough ends, and can same as corn.

Canned Spinach

Wash the spinach, rinse it thoroughly in several waters, then cook it in a very small quantity of salted water as for the table. When tender, pack into sterilized hot jars, and force down with a spoon. Pour the water from the spinach, or boiling water, into the jar until it overflows, then adjust rubbers, seal and cook for 1½ hours, in jars. Fasten tops and set away.

Canned dandelions, beet greens and *swiss chard* are prepared as above.

Canned Beets, Carrots and Turnips

Choose young vegetables, wash well but do not peel them. Cover with boiling unsalted water, cook 30 minutes, then remove skin and pack into glass jars. For beets, pour three tablespoons of vinegar in each jar, then fill with cold water. Place the rubber in position and the tops lightly on the jars, stand in boiler and cook for 1 hour. Then tighten the tops of the jars as quickly as possible.

For carrots and turnips do not put vinegar in jar. Fill with cold water.

Canned Peas, Lima Beans and Corn

Green peas and lima beans are shelled and washed. Corn is husked and freed from every particle of silk, and the pulp cut from the ears with a sharp knife. Sterilize jars, place the corn pulp, lima beans or peas in them, cool. Sterilized water must be poured in to fill the jars containing the peas and beans, but no water is necessary with the corn. Add ½ teaspoon of salt to pint of water. This will keep the vegetables green. Place the tops on lightly, then stand the jars in the boiler as in foregoing recipe. Pour tepid water around them. Cover and boil without stopping 2½ hours for peas or lima beans, 3½ hours for corn. Then finish as in above directions.

JELLY MAKING

Before the principles of sterilizing were understood, fruit was preserved by cooking it with its weight of sugar. Only jellies are commonly done in this way, now.

The juice of fruits that contain considerable pectin can be made into jelly. Pectin, although a carbohydrate, in some ways resembles gelatine. It dissolves in boiling water, and stiffens on cooling. It is most abundant in the harder parts of the fruit, the core and skin.

Apples, quinces, crab apples, currants, and grapes make the best jellies.

General Directions for Making Jelly

Wash the fruit, and remove stems and imperfections. Cut large fruit into pieces. With watery fruits, such as grapes and currants, use no water. With apples and quinces use enough water to cover them. Cook the fruit until the juice flows, crushing it with a spoon. Remove it from the fire and strain it through a pointed bag hung from the ceiling or between two chairs. Do not squeeze the bag at first; when nearly all has strained through, the bag may be squeezed. Keep this last juice by itself; the jelly made from it will not be clear, but can be used for jelly cake, etc. Measure the juice, and measure out an equal quantity of sugar. Reheat the juice, add the sugar, and let boil. As scum forms remove it. When a little of the jelly dropped on a cold plate thickens slightly, pour into jelly glasses and set aside till firm.

Quince Jelly

Cut the quinces into quarters without paring or coring, cover with water, and cook until soft. Strain, and proceed according to "General Directions for Making Jelly."

Jelly must be covered to protect it from mold. Paraffin is convenient for this purpose.

To Cover Jelly with Paraffin

Melt the paraffin in a saucepan and pour it over the jelly to the depth of about one-eighth of an inch. If, on cooling, any bubbles form, exposing the surface of the jelly add another coat of paraffin.

After filling fruit jars let them stand upside down over night. In the morning, screw the tops down as tightly as possible, wipe the jars carefully, label them and put them away in a cool, dark place.

Spiced Apple Jell

1 quart apple juice
1 quart sugar
1 cup vinegar
1 tbsp. each of clove, allspice and cinnamon

Cook it until it will jell and then put in tumblers. When cold cover with a thin coating of paraffin.

Spiced Grapes

5 lbs. grapes
3 lbs. sugar
1 cup vinegar
2 tsp. cinnamon and allspice
½ tsp. cloves

Pulp the grapes, boil skins until tender; cook pulp and strain through a sieve, and add it to the skins; put in the sugar, spices and vinegar. Boil until it becomes thick like marmalade and turn into glasses.

Nut Marmalade

6 lbs. sugar
4 lbs. rhubarb
4 oranges
2 lemons
1 lb. English walnut meats

Remove the bitter rind of the oranges and lemons, slice them thin, cover with water and let stand all night. Boil till soft in the same water. Cut the rhubarb, add the sugar, lemons, oranges and lastly the nuts cut fine. Boil till thick and clear. Make early in the season when the rhubarb is tender.

Orange Marmalade

6 large navel oranges
3 large lemons

Slice these about ⅛ inch thick. Measure and to every pint of fruit add 3 pints of water. Put in a jar and let it stand 24 hours. Then boil until tender and let stand 24 hours. Measure and add the sugar pint for pint. Let it come to a boil and boil furiously 25 minutes. This will make 15 or 20 glasses. A grape fruit may be added.

Conserves

Pineapple Conserve is especially delicate. Peel and grate coarsely or run through the food chopper, three ripe pineapples, and add to them the grated rind and pulp of two lemons and three oranges, rejecting the seeds. Cook together for half an hour, then add an equal quantity of sugar and boil gently till thick as marmalade.

Mixed Fruit Conserve. Pare twenty-four ripe peaches, ten pears and fifteen blue plums, cut the fruit in quarters and add

two pounds of white grapes, halved and freed from the seeds. Cook all together with an equal quantity of sugar until the syrup is thick and heavy, then place in sterilized jars and when cool seal.

Carrot Conserve. The children will enjoy this on their bread or cakes. It is easily made and inexpensive. Select young carrots, scrape and wash them, then slice thin. Cover with cold water and cook till soft enough to press through a sieve. Measure the pulp and add the strained juice of two lemons, and the grated rind of one lemon and one orange, also three-fourths the quantity of light brown sugar. Cook till thick, and pour into tumblers.

Ginger Pear. One peck hard pears, peel and cut in ½, remove core, slice 4 lemons thin, add ½ pound preserved ginger cut in small pieces, 5 pounds granulated sugar, layer of pears, lemon and ginger, sprinkle thickly with sugar, add more fruit, have sugar at top; let it stand over night, set over slow fire, bring to boiling point very slowly, let it simmer until the pears are done; will be dark red in color; seal very hot.

Currant Jelly. Free the currants from the leaves and stems; wash them in a sieve. Put a small quantity into an agate preserving kettle and crush them gently. This makes a little juice in the kettle to start with so when placed over the heat the fruit will not stick. Let the currants simply heat slowly and not cook. When they are hot, crush them. Put a sieve over a large bowl and over this spread a double square of cheese-cloth. Turn the fruit and juice into the cheese-cloth and let it drain as long as it will drip; never use any pressure, for that would make the jelly "cloudy." Measure the juices. To every pint of juice may be added one pint of granulated sugar. Let the juice boil 15 minutes before adding the sugar, which should be heated first. Then, as soon as the sugar is dissolved, pour a spoonful into a dish and place on the ice, and if it "jellies" it is ready to put into glasses.

Oriental Jelly is novel and very delicious. It is made by cooking rose geranium leaves and two lemon verbena leaves in 2 quarts of apple juice for a few moments, then proceed as in other jellies.

PICKLES

Small Cucumber Pickles

Fill a quart can with small cucumbers after washing, add a tablespoonful of salt, a few small pieces horse-radish, fill up with cold vinegar; seal.

Sweet Pickle

7 cucumbers
4 lbs. sugar
1 quart vinegar

Pare the cucumbers, soak in salt water over night; drain thoroughly; cook in water with a small piece of alum; cook a few at a time, drain well before putting into the vinegar. Spice to suit yourself.

Mustard Pickle

1 qt. cucumbers, cut small
1 qt. green tomatoes
6 peppers
2 heads cauliflower
2 heads celery
tender string beans

Cut small, remove all seeds from peppers, cover with 1 cup of salt and allow it to stand 24 hours. Drain off water, cover with fresh hot water and scald 10 minutes or until tender.

Dressing. Mix 6 tablespoons of dry mustard with a little vinegar, ½ cup flour, 1 cup sugar, a little cayenne pepper, 1 tablespoon tumeric. Stir all into a quart of boiling vinegar. When perfectly smooth pour over the vegetables.

Piccalilli

1 peck green tomatoes
1 tsp. all kinds of spice and black pepper

Chop the tomatoes and sprinkle on them 1 cup of salt let stand 3 hours; then drain over night; partly cook in weak vinegar enough to cover; add the spices and pepper; when cooked enough and partly cold, add 1 pint of maple molasses and 1 cup of horse-radish.

French Mustard

3 tbsp. mustard
1 tbsp. white sugar
1 egg
1 cup vinegar

Work the mustard and sugar together; beat the egg until smooth and add the vinegar, a little at a time, working it all smooth; cook in a double boiler, stirring all the time until thick. Will last many weeks. Very good with cold meats.

Chow Chow

1 head cabbage
¼ peck small onions
15 good sized cucumbers
1 head cauliflower
4 green peppers
2 red peppers
½ pint grated horse-radish
¼ lb. white mustard seed
¼ teacup tumeric

Chop the cabbage, slice the cucumbers; break the cauliflower in pieces, chop the peppers with some of the cabbage; throwing away the seeds. Add a teacup of salt and pack in a jar and let it stand over night.

In the morning drain off the brine, take 1 part vinegar and 2 parts water and pour on hot, letting it cook a little; let stand 2 days in this vinegar, then drain off and throw away; add spices tumeric and other ingredients; boil 3 quarts of vinegar with 1 pound of sugar and pour scalding hot over the pickles for three mornings.

Pickled Pears

Wash the pears good and clean and put 3 cloves in each one. Boil in the following syrup:

1 quart vinegar
6 cups brown sugar
1 tsp. each of cloves, cinnamon and allspice

Boil the vinegar and sugar together, skim, then add the spices. Cook the pears in this syrup until tender. Put away in a jar.

Chili Sauce. No. 1

6 large tomatoes
2 green peppers
1 tbsp. salt
½ cup sugar
2 cups vinegar

Chop fine, simmer until well cooked.

Chili Sauce. No. 2

5 large onions
8 green peppers
30 ripe tomatoes
8 cups vinegar
5 tbsp. sugar
3 tbsp. salt

Boil all together about 2½ hours and bottle for use

Cold Catsup

½ peck ripe tomatoes
2 red peppers
2 onions
½ teacup salt
½ teacup brown sugar
¾ teacup white mustard seed
1 teacup grated horse-radish
1 tsp. black pepper
1 quart vinegar

Chop tomatoes fine and drain; rub through a colander; chop onions and pepper fine; mix all together and bottle.

Cold Tomato and Celery Sauce

½ peck ripe tomatoes peeled, chopped and drained through a colander
¾ cup salt
1 cup sugar
1 cup white mustard
4 tbsp. bottled horseradish
2 doz. stalks celery
2 tbsp. white pepper
1 quart cold vinegar

Mix well and put in a jar. It will keep a year or more.

Pepper Hash

14 onions
12 red sweet peppers
12 green sweet peppers

Chop not very fine. Take 1 quart of vinegar, 2½ cups of sugar, 2 even tablespoons of salt. Pour boiling water over the chopped ingredients, let stand 5 minutes, then drain. Pour more boiling water over, let stand 10 minutes, drain. Then boil the whole a good half-hour, in the sugar, salt and vinegar.

Pickled Peaches

1 qt. sugar
1 qt. vinegar
1 stick cinnamon
Cloves

Pare peaches and in each insert two or more cloves. Boil sugar, vinegar and cinnamon, add peaches and boil until soft. When all the peaches are cooked, place in a jar. Pour liquid over them. This should cover the peaches.

Pepper Relish

Five red peppers, 5 green peppers, take out seeds and stems, chop peppers with 5 onions fine, pour boiling water over them and when it has stood 10 minutes strain and add cup sugar, 1 cup vinegar, 1⅓ tbsp. salt; boil slowly about 15 minutes and bottle.

Cucumber Pickles

Fill a stone jar with medium-sized cucumbers. Add a cup of salt, cover with cold vinegar. It is well to change the vinegar in about two months.

DIET FOR THE SICK

Preparing and administering the patient's food is an important part of the nurse's work.

The Invalid's Tray

Use a large tray just large enough for the dishes it is to hold. Cover it with a spotlessly clean napkin. Arrange it as if you were setting a place at the table. Use the prettiest dishes you have.

Three Kinds of Diet

Diets for the sick are classified as liquid, light, and convalescent. Liquid diet consists entirely of liquid food.

Oatmeal Gruel

¼ cup oatmeal
1 quart cold water
2 tbsp. salt

Cook these together in a double boiler for two hours. Press through a strainer, dilute with milk or cream, reheat, and serve. The well-beaten white of an egg stirred into the gruel makes it more nutritious.

Corn Meal Gruel

2 tbsp. corn meal
1 tbsp. flour
3 cups boiling water or hot milk
½ tsp. salt
¼ cup cold water

Mix the meal, flour, and salt; stir into them enough cold milk or water to make a thin paste, and pour this into the hot milk or water. If water is used, cook 1 hour in a saucepan; if milk is used 3 hours in a double boiler. Serve hot, dilute with milk or cream.

Shredded Wheat Gruel

1 shredded wheat biscuit
1 tsp. salt
1 pint boiling water
1 cup milk

Cook biscuit, salt and water together for 20 minutes, stirring occasionally. After adding the milk, strain.

Irish Moss Jelly

¼ cup Irish Moss
2 cups milk
A few grains salt
Sugar to suit patient's taste

After washing the moss, let it soak in the milk in a double boiler one hour; then cook until the milk steams, sweeten and strain into molds. When cold, turn out on a colored plate and serve with cream and sugar. Vanilla may be used to flavor either jelly or cream if the doctor prescribes.

Meat Preparations

Beef Juice

Cut into small bits one pound of lean beef from the top round. Put in a glass jar, put on the cover, and set the jar wrapped in cloth, or supported on a trivet, in a kettle of cold water. Heat the water slowly to about 130 F., or till it steams, let it remain at this temperature four or five hours, then strain, pressing the meat to obtain all the juice. Reheat, season and serve like beef tea.

Mutton Broth

2 lbs. neck of mutton
1 quart cold water
Bit of bay leaf
Small sprig of parsley
Salt

Cut the meat into small pieces, soak it with the herbs 1 hour, then simmer 3 hours. Strain, cool, and remove fat. Reheat and salt a portion when required. Three tablespoons of rice may be boiled and served in the strained broth.

Clam Broth

6 or 8 large clams
¼ cup water

Scrub the clams well with a brush and cold water. Heat them with one-fourth cupful of water in a covered saucepan till their shells open. Boil for one minute after this, and strain through fine wire. Serve undiluted, or add a little hot water.

Wine Jelly

1¼ tbsp. granulated gelatine
¼ cup cold water
1 cup boiling water
1½ tbsp. lemon juice
½ cup sugar
½ cup wine (sherry or Madeira)

Make the same as lemon jelly.

Egg Preparations

Egg Gruel

1 egg, 1 tsp. sugar, 1 cup hot milk (not scalded), nutmeg or lemon juice to flavor. While the milk heats, beat the yolk of the egg till thick and light colored, the white till stiff. Stir into the yolk the other ingredients in the following order; sugar, milk, beaten white, flavoring. Serve hot in a glass placed on a plate covered with a doily.

Eggnog

1 egg
2 tbsp. sugar
1½ tbsp. lemon juice or
1 to 2 tbsp. wine or
1 tsp. brandy
Nutmeg

Beat the yolk till thoroughly foamy; stir in the other ingredients. Nutmeg may be omitted.

Shirred Egg

Break an egg into a buttered cup or egg shirer; let this stand in a pan of hot water in the oven till the white jellies. Season and serve in the same dish placed on a plate.

Milk Preparations

Albuminized Milk

Put the white of an egg and half a cupful of milk into a glass jar, cover tightly, and shake until well mixed.

Peptonized Milk

1 tube Fairchild's peptonizing powder
¼ cup cold water
1 pint fresh cold milk

Shake the water and powder together in a quart glass jar or bottle, add the milk, and shake again. Set the jar into warm water, and keep it as near 130 F., as you can for 20 minutes. Then put it at once on ice. Serve with grated nutmeg, sugar, or mineral water, as the patient may prefer or the doctor prescribe.

Irish Moss Lemonade

¼ cup Irish Moss
2 cups cold water
Lemon juice and sugar to suit the patient's taste.

Soak the moss in cold water till soft. Pick out dark bits and foreign matter. Cook it in the 2 cups of water in a double boiler for 20 minutes. Strain, flavor and sweeten. Use hot or cold for patients with throat or bronchial inflammation.

Lemon Whey

1 pint hot milk (not scalded) juice of 2 lemons or 6 tbsp. Add the lemon juice to the milk; when the latter has curdled, strain it through cloth. Serve the whey hot or cold in a glass.

Liquid Diet for One Day

8 a.m. ¾ cup hot milk
10 a.m. ¾ cup chicken broth
12 a.m. Eggnog
2 p.m. ½ cup hot milk
4 p.m. A glass milk punch or Kumiss
6 p.m. ¼ cup chicken broth
8 p.m. ¾ cup cocoa

SANDWICHES

Bread for sandwiches should be one day old. Use white, graham, or brown bread. Cut the bread as thin as possible and have the butter soft enough not to tear the bread. Remove the crusts and cut in squares or triangles.

Anchovy Sandwiches

Rub yolks of hard-boiled eggs to a paste, moisten with oil or butter and anchovy essence to taste.

Chicken Sandwiches

Cold boiled chicken may be sliced thin and sprinkled with pepper and salt, or cold chicken may be chopped and mixed with mayonnaise.

Cheese Sandwiches

Mix equal parts of cream cheese and chopped walnuts with French dressing.

Cucumber Sandwiches

Chop medium sized cucumbers rather fine, add a little salt, drain and mix with mayonnaise.

Egg Sandwiches

Chop hard-boiled eggs with a silver knife, mix with French dressing or mayonnaise.

Ham Sandwiches

Chop the ham very fine and season with mustard, make into a paste with melted butter.

Lettuce Sandwiches

Shred lettuce and mix with mayonnaise.

Nut Sandwiches

Peanuts or walnuts chopped very fine are an addition to almost any sandwiches. The chopped nuts may be mixed with French dressing or mayonnaise.

Olive Sandwiches

Pimola olives are most used; chop quite fine and mix with mayonnaise.

Sardine Sandwiches

Mash sardines with salt, cayenne and lemon juice.

Tongue Sandwiches

Use thin slices of boiled tongue and spread with mustard.

Club Sandwiches

On a slice of bread put a lettuce leaf, next slices of thin crisp bacon, next slices of chicken and mayonnaise, cover with slice of bread, and toast lightly on either side.

Watercress Sandwiches

Cut thin slices of bread and butter and spread them evenly with picked watercress and some chopped chives. Then spread thickly with the hard-boiled yolks of eggs which have been rubbed through a sieve. Place another piece of bread on the top and press together.

May Day Sandwiches

Chop together fine 5 lettuce leaves, ½ pint stuffed olives, ½ cup walnuts, add 4 tablespoons salad dressing and spread between thin slices of bread, either brown or white.

CONFECTIONERY

Peanut Butter Fudge

2 cups powdered sugar
½ cup milk
2 tbsp. peanut butter
Boil 5 or 6 minutes.

Molasses Candy

1 cup molasses
2 cups sugar
1 tbsp. vinegar
Vanilla and small piece butter
Boil 10 minutes, then cool enough to pull.

Penoche

2 cups brown sugar
1 cup granulated sugar

Moisten the sugar with cream or rich milk and put on the stove to boil. Let it boil until it hardens when dropped into cold water. Then add a cup of chopped nuts, a lump of butter and a few drops of vanilla. Stir until creamy enough to pour into well buttered pans.

Peppermint Creams

2 cups granulated sugar
⅔ cup boiling water
1 tsp. peppermint
⅛ tsp. cream tartar when taken from fire

Drop quickly on waxed paper.

Maple Nut Fudge

2 cups maple sugar
1 cup white sugar
1 cup sweet cream
1 cup chopped nuts

Boil sugar and cream until it forms a very soft ball in cold water. Add nuts and beat until creamy. Pour into buttered tins. Before quite cold cut in squares.

Chocolate Cream Candy

2 cups sugar
⅔ cup milk
1 tbsp. butter
2 squares chocolate
1 tsp. vanilla

Put the butter into a granite saucepan and when it is melted add the sugar and milk. Heat this to a boiling point, then add the chocolate and stir constantly until chocolate is melted. Boil 13 minutes then remove from fire. Add the vanilla and stir until creamy, and until the mixture begins to sugar a little around the edge of the saucepan.

Walnut Creams

White of an egg
2 tbsp. cold water
Any desired flavoring

Add the water to the beaten white of the egg. Work in confectionery sugar until mixture can be molded with hands. Make into small balls and press a walnut on each side. This cream can also be used for chocolate creams, stuffed dates, etc.

Plain Fudge

3 cups sugar
2 squares chocolate
½ cup milk
1 tbsp. butter
Vanilla

Boil until it is stringy. Take off, beat until it becomes grainy. Pour into a well-buttered pan. Just before cold cut into squares.

Divinity Fudge

2 cups white sugar
½ cup Karo corn syrup
½ cup water
1 cup walnut meats
White of one egg beaten stiff

Boil the sugar, water and syrup until a thread spins from the spoon. Pour on the beaten white of an egg and beat until thick and white. Add walnuts before pouring in buttered pans.

Pop Corn Balls

Pop corn without salting it. Shake out the hard kernels. Boil 1 cup sugar, 1 cup of syrup, 1 teaspoon vanilla and 1 teaspoon soda. After it has boiled pour over the corn and make into balls. This also makes a good crackerjack by putting in some peanuts and putting the corn in a buttered pan and pressing it down while warm. When cold cut in squares.

Ice Cream Cones

1 lb. sugar (powdered best)
5 lbs. sifted flour
2 tsp. vanilla
1 tbsp. sweet oil
About 3 qts. water
1 egg may be added if desired

First dissolve sugar in water, add flour slowly, stirring until there are no lumps, then other ingredients. Stir well.

CHEMICAL COMPOSITION OF AMERICAN FOODS AND FOOD MATERIALS

From Bulletin No. 28, issued by United States Department of Agriculture

The food value of any food or food material is estimated by finding out how much energy it yields in the form of heat when burned. Heat is measured by calories. One calorie is the amount of heat required to raise one pound of water four degrees Fahrenheit. The figures in the right-hand column thus show what the food value of a pound of each food or food material would be if every bit of it were perfectly digested and assimilated.

Food and Food Materials	Refuse	Water	Proteids and other Nitrogenous Matter	Fat	Total Carbodydrates	Starch	Fibre	Sugar	Dextrin Gum, etc.	Mineral Matter	Fuel value per pound indicating food value
BEEF	%	%	%	%	%	%	%	%	%	%	Calories
Chuck											
As purchased	17.3	54.0	15.5	12.5	....	....	...	....	...	.7	820
Edible portion	....	65.0	18.7	15.4	....	....	...	....	...	.9	1005
Flank											
As purchased	5.5	56.1	17.7	19.9	....	....	...	....	...	.8	1185
Edible portion	....	59.3	18.7	21.1	....	....	...	....	...	.9	1255
Porterhouse Steak											
As purchased	12.7	52.4	19.1	17.9	....	....	...	....	...	.8	1110
Edible portion	....	60.0	21.9	20.4	....	....	...	....	...	1.0	1270
Ribs											
As purchased	20.1	45.3	14.4	20.0	....	....	...	....	...	.7	1110
Edible portion	....	57.0	17.8	24.6	....	....	...	....	...	.9	1370
Round											
As purchased	8.5	62.5	19.2	9.2	....	....	...	....	...	1.0	754
Edible portion	....	67.8	20.9	10.6	....	....	...	....	...	1.1	835
Plate (corned)											
As purchased	14.5	34.3	11.7	35.8	....	....	...	....	...	4.0	1730
Edible portion	....	40.1	13.7	41.9	....	....	...	....	...	4.7	2025
VEAL											
Cutlets (legs)											
As purchased	3.4	68.3	20.1	7.5	....	....	...	....	...	1.0	690
Edible portion	....	70.7	20.3	7.7	....	....	...	....	...	1.1	750
LAMB											
Loin											
As purchased	14.8	45.3	16.0	24.1	....	....	...	....	...	.8	1315
Edible portion	....	53.1	18.7	28.3	....	....	...	....	...	1.0	1540

Food and Food Materials	Refuse	Water	Proteids and other Nitrogenous Matter	Fat	Total Carbohydrates	Starch	Fibre	Sugar	Dextrin Gum, etc.	Mineral Matter	Fuel value per pound indicating food value
LAMB, Cooked	%	%	%	%	%	%	%	%	%	%	Calories
Chops, broiled											
As purchased	13.5	40.1	18.4	26.7	....	....	...	....	...	1.2	1470
Edible portion	....	47.6	21.7	29.9	....	....	...	....	...	1.3	1665
Leg roast											
Edible portion	....	67.1	19.7	12.7	....	....	...	....	...	.8	900
MUTTON											
Hind leg											
As purchased	17.7	51.9	15.4	14.5	....	....	...	....	...	.8	900
Edible portion	....	63.2	18.7	17.5	....	....	...	....	...	1.0	1085
Shoulder											
As purchased	22.1	46.8	13.7	17.1	....	....	...	....	...	.7	975
Edible portion	....	60.2	17.5	21.8	....	....	...	....	...	.9	1245
MUTTON, Cooked											
Leg roast											
Edible portion	....	50.9	25.0	22.6	....	....	...	....	...	1.2	1420
PORK											
Loin Chops											
As purchased	19.3	40.8	13.2	26.0	....	....	...	....	...	.8	1340
Edible portion	....	50.7	16.4	32.0	....	....	...	....	...	.9	1655
Ham, smoked											
As purchased	12.2	35.8	14.5	33.2	....	....	...	....	...	4.2	1670
Edible portion	....	39.8	16.5	38.8	....	....	...	....	...	4.7	1945
Ham, smoked, fried											
As purchased	....	36.6	22.2	33.2	....	....	...	....	...	5.8	1815
Salt pork, clear fat											
As purchased	....	7.9	1.9	86.2	....	....	...	....	...	3.9	3670
POULTRY											
Chickens											
As purchased	41.6	43.7	12.8	1.4	....	....	...	....	...	.7	295
Edible portion	....	74.8	21.5	2.5	....	....	...	....	...	1.1	505
Fowl											
As purchased	25.9	47.1	13.7	12.3	....	....	...	....	...	.7	775
Edible portion	....	63.7	19.3	16.3	....	....	...	....	...	1.0	1045

Food and Food Materials	Refuse	Water	Proteids and other Nitrogenous Matter	Fat	Total Carbohydrates	Starch	Fibre	Sugar	Dextrin Gum, etc.	Mineral Matter	Fuel value per pound indicating food value
FISH	%	%	%	%	%	%	%	%	%	%	Calories
Striped Bass											
Whole, as purchased	55.0	35.1	8.4	1.1	....	....	....	....	....	.5	20
Edible portion	....	77.7	18.6	2.8	....	....	....	....	....	1.2	465
Bluefish											
As purchased, entrails removed	48.6	40.3	10.0	.6	....	....	....	....	....	.7	210
Edible portion	....	78.5	19.4	1.2	....	....	....	....	....	1.3	410
Cooked	....	68.2	25.9	4.5	....	....	....	....	....	1.2	670
Cod											
As purchased, dressed	29.9	58.5	11.1	.2	....	....	....	....	....	.8	215
Edible portion	....	82.5	16.7	.3	....	....	....	....	....	.9	325
Mackerel											
As purchased, entrails removed	40.7	43.7	11.6	3.5	....	....	....	....	....	.7	365
Edible portion	....	73.4	18.7	7.1	....	....	....	....	....	1.2	645
Salmon											
As purchased, entrails removed	29.5	48.1	13.8	8.1	....	....	....	....	....	.8	600
Edible portion	....	64.6	22.0	12.8	....	....	....	....	....	1.4	950
Shad											
As purchased	50.1	35.2	9.4	4.8	....	....	....	....	....	.7	380
Edible portion	....	70.6	18.8	9.5	....	....	....	....	....	1.3	750
Salt Cod											
As purchased	24.9	40.2	16.0	.4	....	....	....	....	....	18.5	315
Edible portion	....	53.5	21.5	.3	....	....	....	....	....	24.7	410
Oysters											
Solid, as purchased	....	88.3	6.0	1.3	....	....	....	....	....	1.1	230
EGGS											
Edible portion	....	73.7	14.8	10.5	....	....	....	....	....	1.0	720
BUTTER											
Butter	....	11.0	1.0	85.0	....	....	....	....	....	3.0	3605
CHEESE											
Full Cream	....	34.2	25.9	33.7	2.4	....	....	....	....	3.8	1950
Partly Skimmed milk	....	38.2	25.4	29.5	3.6	....	....	....	....	3.3	1785

Food and Food Materials	Refuse	Water	Proteids and other Nitrogenous Matter	Fat	Total Carbohydrates	Starch	Fibre	Sugar	Dextrin Gum, etc.	Mineral Matter	Fuel value per pound indicating food value
MILK	%	%	%	%	%	%	%	%	%	%	Calories
Whole	....	87.0	3.3	4.0	5.0	....	...	....	...	.7	325
Skimmed	....	90.5	3.4	.3	5.1	....	...	....	...	.7	170
Condensed	....	26.9	8.8	8.3	54.1	....	...	....	...	1.9	1520
MEAL, FLOUR AND BREAD											
Corn Meal	....	12.5	9.2	1.9	75.4	....	1.0	....	...	1.0	1655
Hominy	....	11.8	8.3	.6	79.0	....	.9	....	...	.3	1650
Hominy, cooked	....	79.3	2.2	.2	17.8	....	...	....	...	.5	380
Oatmeal	....	7.3	16.1	7.2	67.5	....	.9	....	...	1.9	1860
Oatmeal, cooked	....	84.5	2.8	.5	11.5	....	...	....	...	.7	285
Rice	....	12.3	8.0	.3	79.0	....	.2	....	...	.4	1630
Rice, boiled	....	72.5	2.8	.4	24.4	....	...	....	...	.3	535
Wheat Flour											
Entire wheat	....	11.4	13.8	1.9	71.9	....	.9	....	...	1.0	1675
High grade spring wheat	....	12.3	11.7	1.1	74.5	....	.1	....	...	.4	1650
Macaroni, cooked	....	78.4	3.0	1.5	15.8	....	...	....	...	1.3	415
Graham bread	....	35.7	8.9	1.8	52.1	40.7	1.1	3.2	5.5	1.5	1210
Biscuit	....	32.9	8.7	2.6	55.3	41.5	.7	2.7	5.5	.5	1300
White bread	....	35.3	9.2	1.3	53.1	....	.5	....	...	1.1	1215
Crackers	....	6.8	10.7	8.8	71.9	....	.5	....	...	1.8	1905
VEGETABLES AND FRUIT											
Beets, cooked	....	88.6	2.3	.1	7.4	....	...	....	...	1.6	185
Cabbage	15.0	77.7	1.4	.2	4.8	....	...	....	...	.9	125
Lettuce	15.0	80.5	1.0	.2	2.5	....	...	....	...	.8	75
Carrots	20.0	70.6	.9	.2	7.4	....	...	....	...	.9	160
Onions	10.0	78.9	1.4	.3	8.9	....	...	....	...	.5	205
Onions, cooked	....	91.2	1.2	1.8	4.9	....	...	....	...	.9	190
Peas, dried	....	9.5	24.6	1.0	62.0	....	4.5	....	...	2.9	1655
Peas, green, cooked	....	73.8	6.7	3.4	14.6	....	...	....	...	1.5	540
Potatoes, raw, edible portion	....	78.3	2.2	.1	18.4	....	.4	....	...	1.0	385
Potatoes, boiled	....	75.5	2.5	.1	20.9	17.4	.6	.4	...	1.0	440
Tomatoes	....	94.3	.9	.4	3.9	....	.6	....	...	.5	105
Apples, edible portion	....	84.6	.4	.5	14.2	....	1.2	12.4	...	.3	290
Bananas, edible portion	....	75.3	1.3	.6	22.0	....	1.0	....	...	.8	460
Dates, dried	10.0	13.8	1.9	2.5	70.6	....	...	....	...	1.2	1450
Chocolate	....	5.9	12.9	48.7	30.3	....	...	....	...	2.2	2860
Cocoa	....	4.6	21.6	28.9	37.7	....	...	....	...	7.2	2320

GENERAL SUGGESTIONS

Home Furnishing

1. Start with an idea.
2. Buy each thing with reference to everything else.
3. Carry color of one room into the next, where it may be combined with one which is to be repeated in a third.
4. Warm colors (yellow, brown, red) could be used in north rooms.
5. Care should be taken not to have too many visible figured things in a room.
6. It is well to have plain paper in one room and a figured in the next.
7. Striped papers give apparent height to a room.
8. Plain papers make the best background for pictures.
9. Whenever possible have no picture wires visible.
10. "A mantel is the altar on which you place the gods of your taste."
11. A general fault is too much furniture in a single room.

The Home Medicine Chest

1 pair scissors
1 roll of adhesive plaster
1 eye cup
2 rolls bandages
1 roll gauze
1 cake soap
1 box absorbent cotton
1 bottle of alcohol
1 bottle of olive oil
1 bottle boracic acid
1 bottle hydrogen peroxide
1 bottle of ammonia
1 box bicarbonate of soda
1 tube vaseline, carbolated
1 tube vaseline, white
1 tube unguentine

Label all bottles. Best to keep under lock and key.

Sick Room Supplies

Bandages
Syringe
Hot water bag and a cover
Bed-pan
Thermometer
Feeding cup
Tray
Rubber pad
Bed supports

Disinfectants

70 per cent alcohol for sporeless germs.
$\frac{1}{1000}$ bichloride of mercury (corrosive sublimate)
1 tablet dissolved in 1 pint water will make $\frac{1}{1000}$ solution. Good for skin and glass utensils.

1½0 carbolic acid.
For white material or metals.
Chlorinated lime.
For disinfecting excreta, water closets, sinks.
Use only perfectly fresh.
Formaldehyde is an excellent deodorant.
Antiseptics: Boric acid—2 to 4 per cent solution; peroxide of hydrogen; salt solution.

Care and Feeding of Children

General Remarks

The largest meal in the middle of the day.

No eating between meals, except plain bread and butter, or a glass of milk given in the morning or the afternoon.

Much water should be taken.

Quantity should be regulated according to size, activity and age.

Certain large quantities are to be prohibited, like meat, sweets and desserts.

Food carefully prepared, palatable, digestible.

When child first goes to school is very important time. Child is apt to be nervous and food should be of abundant quantity, of right quality. Breakdown more apt to be due to too small quantity than from overeating.

Training of children to eat at specified time important.

Pure candy may be given at the end of a meal, not between meals.

Suggestions for School Lunches

Materials for Packing

A fresh box
Waxed paper for wrapping
Paper napkin
Individual cup.

To Pack Box

Line with paper
Wrap each kind of food in separate paper
Whenever possible, pack so that things to be eaten first are on top.

LIBRARY OF CONGRESS
0 014 632 977 9